

Secret Ingredients for
AMAZING LEMON BARS, p. 76

fine cooking

How to make Stuffed Leg of Lamb

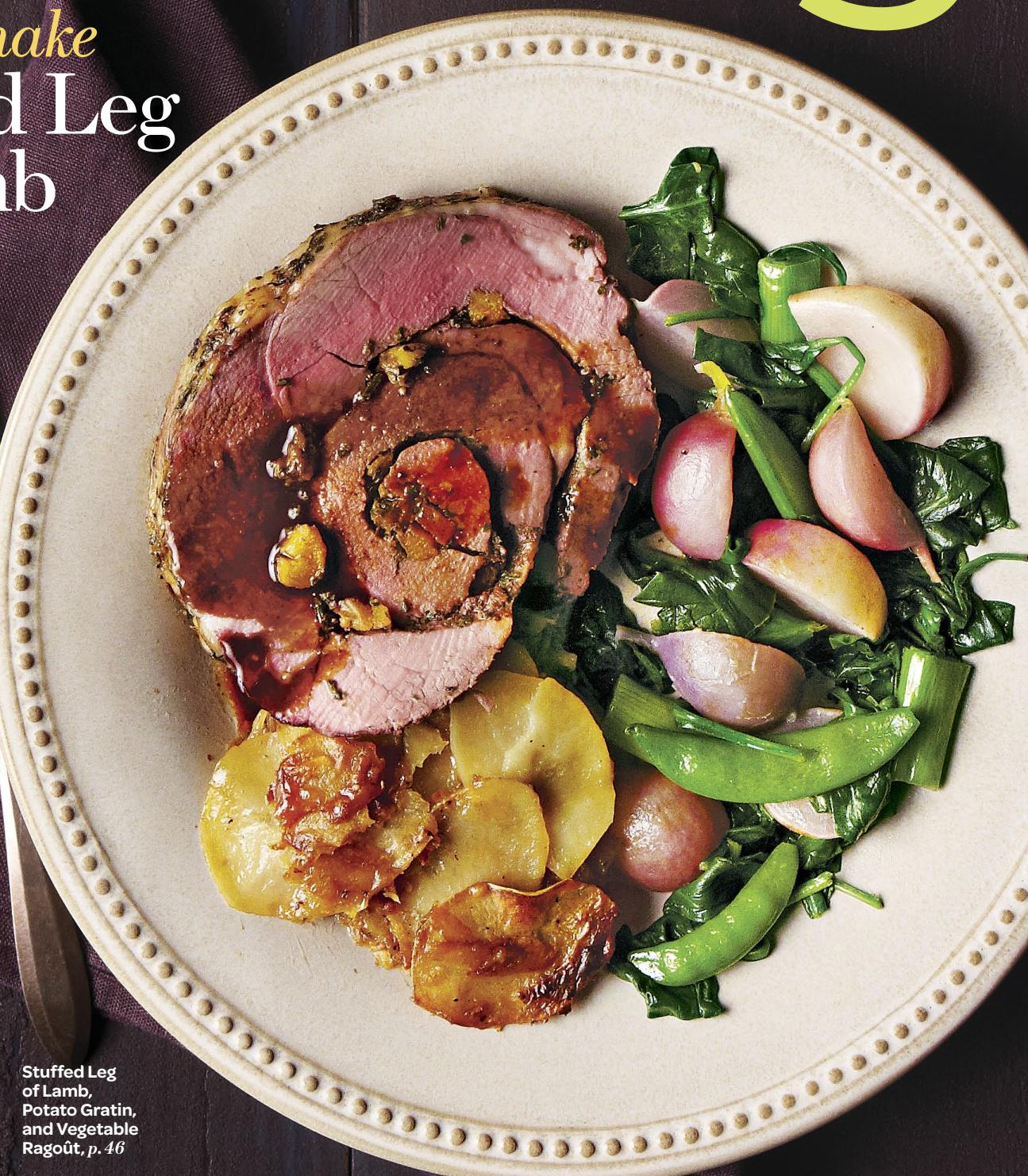
A NEW TAKE ON
**CARROT
CAKE**

Shrimp
**BUYING
GUIDE**

Waffles
for Dinner

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Stuffed Leg
of Lamb,
Potato Gratin,
and Vegetable
Ragoût, p. 46



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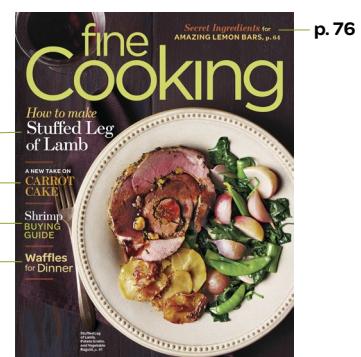
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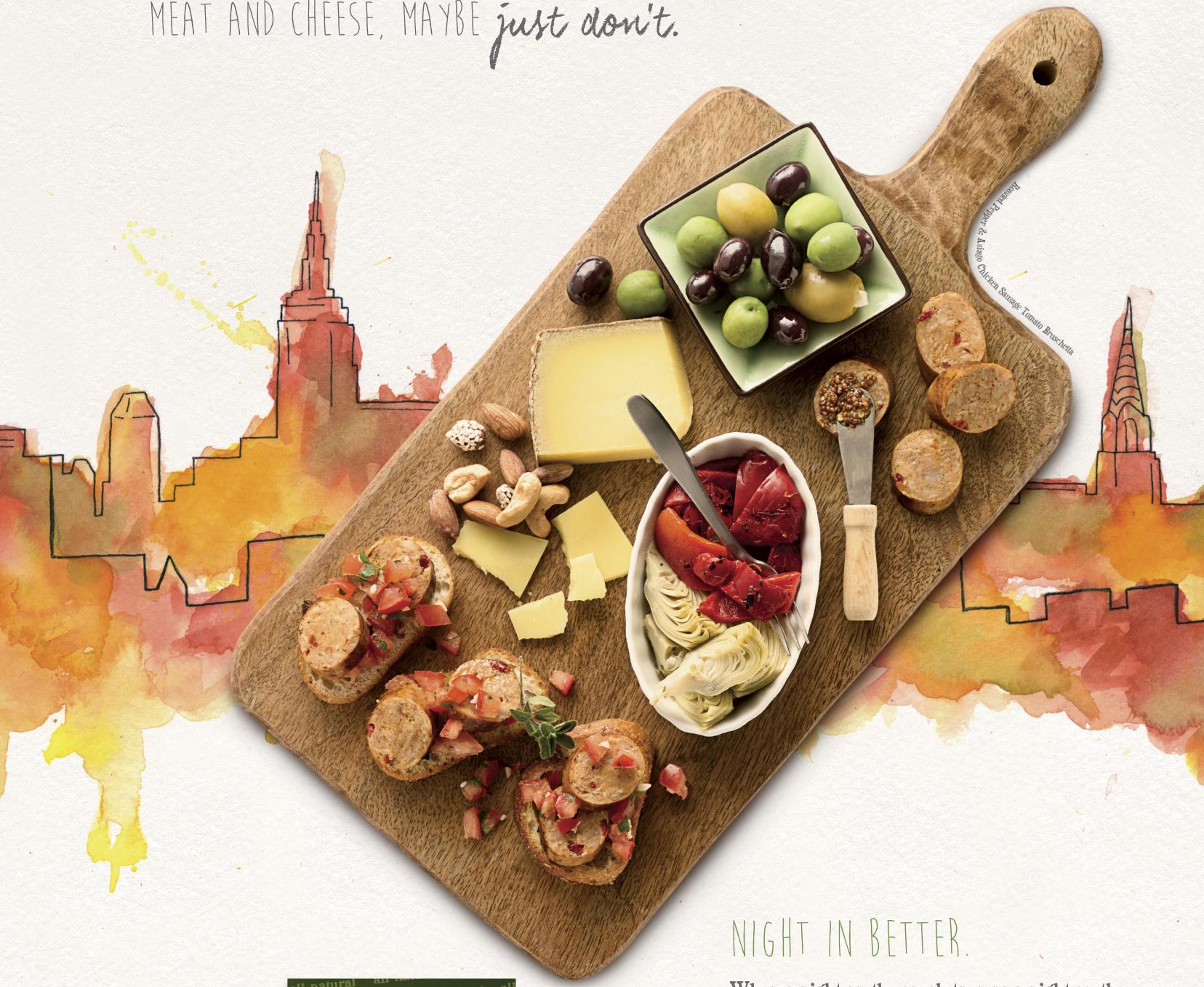
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Contents photographs by Scott Phillips

IF YOU CAN'T DECIDE BETWEEN
MEAT AND CHEESE, MAYBE *just don't.*



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Shrimp tales



I love shrimp, but I more or less stopped eating it a few years ago because of environmental and health concerns over how farmed shrimp (which accounts for most of the shrimp in this country) is raised. Around the same time, I also asked our food editors to start indicating a preference for wild-caught shrimp in *Fine Cooking* recipes because pollution and routine antibiotic use are not an issue with them (although unintended bycatch remains a concern). Then, about a year ago, I started seeing reports about human rights abuses in the Thai shrimp farming industry, and I thought, "That's it. We have to address this in the magazine." So I asked Clare Leschin-Hoar, a reporter who specializes in sustainable seafood issues, to sort it all out for us. Her story begins on page 56. The good news is that it's not all bad news, and Clare does such a great job of explaining how to figure out which shrimp are OK to buy that after reading her article, I went to the store and confidently bought a bag of shrimp for the first time in ages. I hope you will, too.

On the lighter side, the rest of this issue is full of recipes that celebrate the return of warmer weather. Lamb, asparagus, peas, carrots, and other seasonal favorites star in a spring menu (p. 46) by contributing editor Molly Stevens for Earth Day, Easter, or any other reason you have to invite people over for a delicious dinner. We'll also show you how to make rice with an amazing contrast of fluffy and crisp textures ("The Art of Persian Rice," p. 64) and a lovely classic Italian dessert that's like a sophisticated cross between a custard and a pudding ("Panna Cotta," p. 84). Plus, we're taking a new look at lemon bars (p. 76)—we got pastry chef Allison Robicelli to share her secrets—and waffles (p. 68), because they're not just for breakfast anymore.

Happy cooking!

—Jennifer Armentrout, editor



P.S. Don't miss this.
Watercress is one of my favorite greens—I adore its peppery flavor. Starting on page 78, we're featuring it in five fabulous recipes, including this invigorating and healthy spring tonic. Try it—you won't be sorry!

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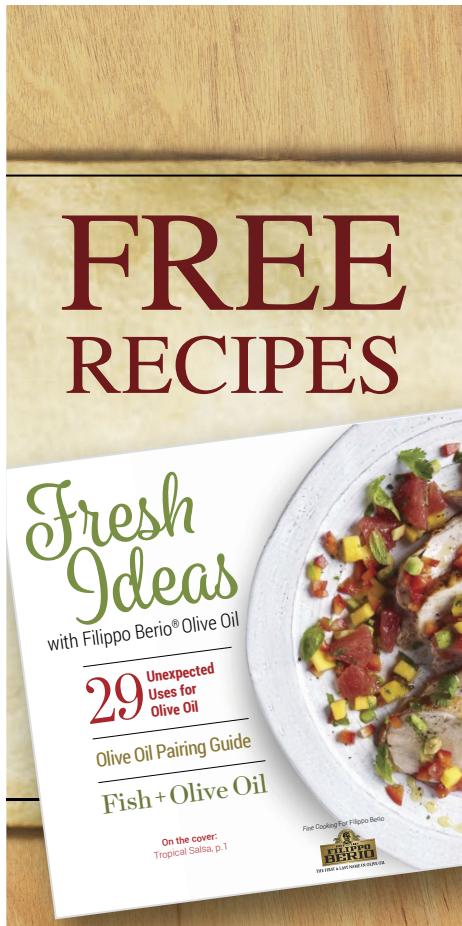


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California-based journalist **Clare Leschin-Hoar** ("Shopping for Shrimp," p. 56) covers sustainable seafood food policy. Follow her on Twitter @c_leschin.

- **My latest food discovery is...** the vast variety of seaweeds available and the nutritional benefits they pack.
- **My go-to breakfast is...** coffee, coffee, coffee, an English muffin with peanut butter, and coffee.
- **The best thing about my job is...** how it has brought me in contact with people who are passionate about our food system, and that it feeds my hunger to know more.



Author of *The New Persian Kitchen*, **Louisa Shafia** ("The Art of Persian Rice," p. 64) has cooked at restaurants in San Francisco and New York. She recently ended the seven-month run of her Persian street-food pop-up, Lakh Lakh.



Author of *The New Persian Kitchen*, **Louisa Shafia** ("The Art of Persian Rice," p. 64) has cooked at restaurants in San Francisco and New York. She recently ended the seven-month run of her Persian street-food pop-up, Lakh Lakh.

- **My favorite Persian dish is...** hard to choose! In spring, I love to make *sabzi khordan*, a platter of fresh herbs served with radishes, walnuts, flatbread, and feta cheese.
- **The best thing about running a pop-up eatery is...** getting to cook whatever tickles my fancy that night.
- **The worst thing about running a pop-up eatery is...** never knowing how many people to cook for.

David Joachim and Andrew Schloss



David Joachim and Andrew Schloss write our Food Science column (p. 36). Together and apart, they've written or contributed to nearly 70 cookbooks. Their next book, a joint venture due out in June, is titled *Grill School: Essential Techniques and Recipes for Great Outdoor Flavors*.

- **My latest kitchen obsession is...** natural food coloring from pomegranates (red), carrots (orange), turmeric (yellow), spinach (green), red cabbage and baking soda (blue), red cabbage, baking soda, and spirulina (indigo), and red cabbage (violet). (David)
- **My summer cocktail is...** my house concoction, The Firefly: equal parts dry gin, Aperol, and limoncello stirred with ice, strained, and garnished with flamed orange peel. (David)
- **The food trend that needs to end is...** gluten-free. (David)
- **The most overrated ingredient is...** Himalayan pink salt. (Andrew)
- **The most underrated ingredient is...** instant mashed potato flakes. They can be breading for chicken, fish, or tempura, and they thicken anything (watery soup, sauces, purées). Just never use them for making mashed potatoes. (Andrew)
- **My latest kitchen obsession is...** drinking chocolate. (Andrew)



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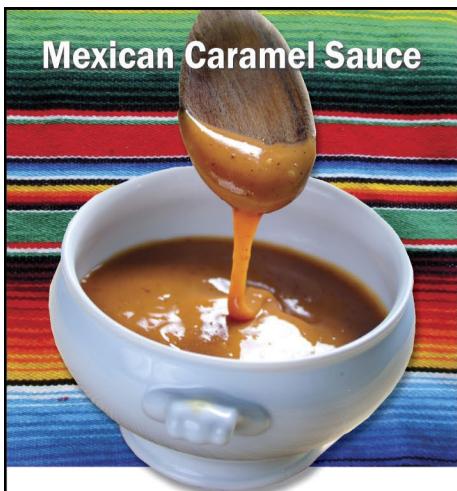
Having satisfied some of Italy's most demanding palates, Filippo Berio would always remember the day he satisfied the only one that mattered, Mama's.

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Featured Recipe: Lentil Salad with Roasted Salmon





Mexican Caramel Sauce

Meyenberg Goat Milk Cajeta!

1 can
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1 cup sugar

2 Tbs. butter or margarine

1 tsp vanilla

1/4 tsp baking soda dissolved in 1 Tbs. water



1/3 cup scotch-whiskey

Small mason jelly jars

In a large, heavy-bottom saucepan, combine first four (4) ingredients & place over medium heat. Bring to a simmer, stirring with a wooden spoon to dissolve sugar. Add dissolved baking soda, stirring constantly to avoid overflow.

When bubbling stops, reduce heat to a simmer and add scotch-whiskey. Stir constantly, for about 20 minutes or until the Cajeta is a rich, brown color and thick enough to coat the back of the spoon. It should cool to a medium-thick caramel consistency.

Transfer to clean mason jars and seal tight immediately for cooling. Can be stored for up to 1 month. Suggest warming slightly before serving. **Use over ice cream, pound cake or anything as you would a caramel sauce for a wonderful dessert addition!**

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Picture perfect

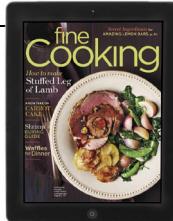
May I just say that your Sausage and Pepper Calzones recipe (Make It Tonight, February/March 2016) was absolutely amazing? I made it for dinner for my family, and it was easy to customize ingredients for all tastes. I don't think I pinched mine enough, so they didn't seal but were nevertheless delicious. They looked like they came from your magazine picture!

—Jen Betts

Oops!

The correct spelling for the coconut custard doughnut filling (On Location, February/March 2016) is *haupia* (pronounced how-PEE-a), not *hupia*. And it is *ono* (good)!

—Kathy MacDougal



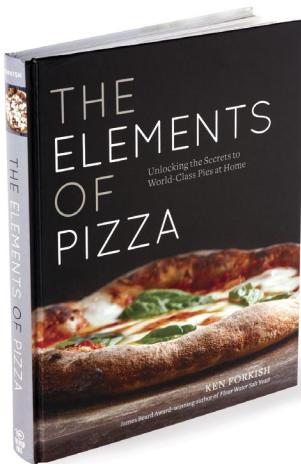
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BOOKS THAT COOK

The Reading List

Pizza, potatoes, and pakoras. BY JOANNE SMART



The Elements of Pizza

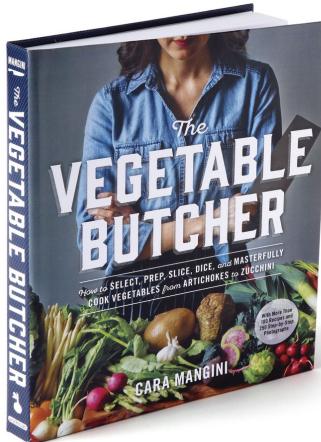
Unlocking the Secrets to World-Class Pies at Home

By Ken Forkish
(Ten Speed Press; \$30)

In this follow-up to his award-winning bread-baking book *Flour Water Salt Yeast*, baker Ken Forkish homes in on pizza. And all kinds, too, from the Neapolitan-inspired pies he makes at his own pizza place in Portland, Oregon, to New York- and New Haven-style pizzas, pan pizza, skillet pizza, and even gluten-free pizza.

There are more than a dozen dough recipes in the book, all with varying degrees of difficulty and fermenting times, from the I Slept in But I Want Pizza Tonight Dough to Overnight Levain Pizza Dough, made with wild yeast and at least a week's worth of mostly hands-off time. I loved the simplicity of the sauce he uses most: good-quality canned tomatoes, a bit of salt, and a quick whir in the blender. His many tips for turning out perfect pizza, including raising the oven rack and using the broiler to make a hot oven even hotter, have already made my home-cooked pizzas better. Lots of rich color photos and profiles of pizzaiolas, in Italy and the United States, make this a fun read, too.

A keeper: Prosciutto Pizza. A hot tomato and cheese pie completely covered in silken ham makes for a slice of luxury.



The Vegetable Butcher

How to Select, Prep, Slice, Dice, and Masterfully Cook Vegetables from Artichokes to Zucchini

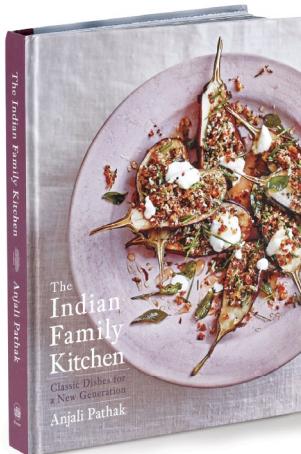
By Cara Mangini
(Workman Publishing; \$29.95)

Cara Mangini comes from a line of butchers, but as she explains in her debut cookbook, she prefers to use her knife "against the curves of a stubborn butternut squash."

For each of the 50-plus vegetables in the book, Mangini—owner of Little Eater Produce & Provisions in Columbus, Ohio—provides information on seasonality, varieties, choosing, storing, and using. But as the book's title suggests, most of the information focuses on prepping, with 250 pretty-but-practical color photographs depicting how to peel, trim, shell, slice, dice, chop, and mince.

For someone new to cooking, this book will become a well-worn reference, while seasoned cooks may benefit from pieces on lesser-known produce, like crosnes and cardoons. All can enjoy the 150 recipes (mostly savory, but some sweet), which include some surprising yet effective cooking methods and intriguing flavor pairings.

One to try: Smashed and Seared Beets. Pan-fried and served as a salad with chimichurri sauce and goat cheese, it's plate-scraping good stuff.



The Indian Family Kitchen

Classic Dishes for a New Generation

By Anjali Pathak
(Clarkson Potter; \$27.50)

Anjali Pathak grew up in England, but Indian food was on the table and was also the family business. (Her grandparents founded Patak's, a global Indian food brand.) A trained chef in her own right, Pathak has put together a collection of vibrant dishes geared for home cooks.

You'll find classics like Chicken Tikka Masala and crisp pakoras (Bhajias), which are easy enough to make on a weeknight (I did). But many of the 120 dishes, including cocktails and desserts, are more modern and globally inspired.

The recipes are detailed enough to produce great results without feeling intimidating. Case in point: A recipe for Cumin Roasted Potatoes doesn't specify exactly how the boiled potatoes should get "roughed up" (Pathak's words) so that when roasted the edges will "go really crispy." I shook mine hard against the colander after draining them, and now I never want to make potatoes any other way.

Don't miss: Finger-Licking Chops. They are, and we did. Indian spices plus garlic and rosemary make a marinade that my family deemed our new favorite.



MENUS

Passover or Easter Luncheon

Asparagus and Pea Shoot Salad with Pistachios and Soft-Cooked Eggs
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King Salmon with Tomato-Anchovy Vinaigrette
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Tuscan Toasted Red Quinoa Pilaf
[FineCooking.com](#)

Buttermilk Panna Cotta with Rhubarb Compote
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To drink: Unoaked Chardonnay



Cinco de Mayo Celebration

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Margarita Steak Fajitas
page 30

Arroz Huérfano (Orphan's Rice)
[FineCooking.com](#)

Chocolate Cake with Candied Anchos and Pepitas
[FineCooking.com](#)

To drink: Cucumber margarita or all-citrus margarita (made with orange, lemon, and lime juices)

Springtime Dinner with Friends

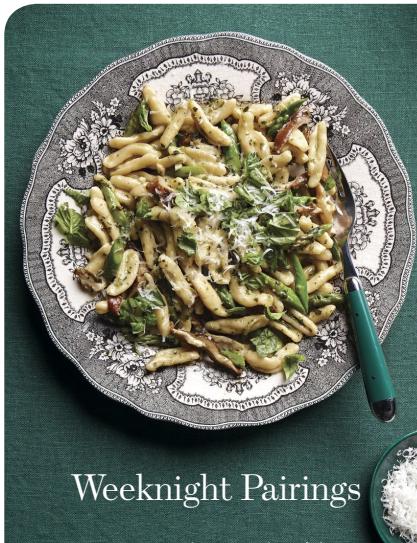
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Apricot-and-Herb-Stuffed Leg of Lamb
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Warm Potato and Watercress Salad
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Chamomile Lemon Bars
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*To drink: Rhône-style blend
Côtes du Rhône*



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[FineCooking.com](#)

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Steamed Jasmine Rice
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Mother's Day Brunch

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Smoked Salmon Waffles with Scallion Cream Cheese
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Creamy Scrambled Eggs
[FineCooking.com](#)

Carrot Cake with Mascarpone Frosting
page 54

To drink: Brut Champagne or other dry sparkling wine





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TRY THIS

Quail Eggs

These tiny speckled eggs have the familiar flavor of chicken eggs, but they're a little creamier due to their higher proportion of yolk to white. Their relative rarity in North America makes them feel like a fancy treat, and their small size is perfect for cocktail party food. But don't let the air of luxury fool you: They're perfectly affordable, especially during the spring laying season.

Continued on page 18

**TRY THIS****QUAIL EGGS**

Gaining ground in the U.S.

Quail (birds in the *Coturnix* genus, closely related to the partridge) and their eggs have been farmed and eaten around the world for millennia. Quail have a lot of pluses as a food source, particularly in places without much farmland. They require little grazing area and mature quickly, and females lay around 220 eggs per year. They've long been a staple in much of Asia, but they've been slow to catch on in the United States, where chickens are preferred for their larger size and eggs. Still, as Americans have become more adventurous home cooks,

the country's four major quail farms have started retailing eggs (instead of selling only to restaurants), and smaller farms have popped up to meet the burgeoning demand for quail eggs.

Find them in Asian markets

Quail eggs are generally sold in clear plastic egg containers. Most Asian markets sell them, often for very reasonable prices, and they are also available in well-stocked grocery stores or by mail order (see Sources, p. 96). They can be refrigerated for up to one month.

Use like chicken eggs

Quail eggs can be hard-boiled, soft-boiled, scrambled, fried, or poached. They're great for bite-size versions of egg dishes such as deviled eggs, Scotch eggs, or egg-in-a-hole (see recipe below). One of their best-known uses is raw on top of steak tartare, and Spanish tapas are sometimes topped with fried quail eggs, because the eggs don't overwhelm the diminutive tapas. In Asian cuisines, they're often pickled or hard-boiled and topped with sesame.

—Layla Schlack



quail egg-in-a-hole

*Egg-in-a-hole is usually made by frying a chicken egg in a slice of bread, but these little guys are baked, all 12 in one batch. They're a great appetizer or passed hors d'oeuvre. Top them with caviar to make them really fancy. **Serves 4 to 6***

- 12** **1/2-inch-thick slices baguette (sliced on the diagonal)**
- 2** **Tbs. unsalted butter, softened**
- 2** **Tbs. grated Havarti or dill Havarti**
- 12** **quail eggs**
- Kosher salt and freshly ground black pepper**
- Fresh dill sprigs, for garnish**
- Flaky sea salt, for garnish**

Position a rack in the center of the oven and heat the oven to 400°F. Line a rimmed baking sheet with parchment.

Use a paring knife or cookie cutter to cut 1-inch circles in the center of each baguette slice. (Reserve the circles for another use,

if you like.) Butter both sides of the bread. Arrange the bread on the baking sheet and toast lightly in the oven, 3 to 4 minutes. Distribute 1 Tbs. of the Havarti evenly among the holes in the bread.

Open the eggs (see Test Kitchen, p. 93). Pour one egg into each hole. Add a pinch of salt and pepper. Sprinkle the remaining Havarti evenly over the bread.

Bake until the cheese melts and the egg whites are set but the yolks are still a bit runny, 5 to 7 minutes. Top each with a dill sprig and a small pinch of sea salt, and serve.

—Layla Schlack



AT THE MARKET

What we're cooking now

Fine Cooking editors (and a reader) share some delicious ideas for in-season ingredients.



Roasted Rhubarb with Rosemary

Trim rhubarb and cut on the diagonal. Sprinkle with brown sugar, salt, and chopped rosemary. Drizzle with olive oil and roast until tender and browned in spots. Finish with lemon zest, and serve with vanilla ice cream.

—Ronne Day



Spicy Mango-Shrimp Salad

Toss a small-diced mango with shredded lettuce of your choice. Whisk together lime juice, fish sauce, minced Thai chiles, minced garlic, olive oil, and sugar. Toss with the mango mixture. Top with chopped peanuts and chilled cooked shrimp.

—Layla Schlack



Salmon with Mint Gremolata

Combine chopped fresh mint with pine nuts, lemon or orange zest, a few cloves of finely chopped garlic, a pinch of crushed red pepper flakes, and salt. Add enough olive oil to moisten. Serve over grilled salmon.

—Joanne Smart



Leek, Mushroom, and Goat Cheese Crostini

Sauté sliced leeks and mixed fresh mushrooms in plenty of butter; season with salt and pepper. Season soft goat cheese with salt, pepper, and chopped fresh herbs. Spread the goat cheese on toasted baguette slices and top with the leek mixture. Serve as an hors d'oeuvre.

—Jennifer Armentrout



Carrot-Jícama Slaw

Toss grated carrots and jícama with halved green and red grapes, extra-virgin olive oil, Champagne vinegar, salt, and a pinch of red pepper flakes. Garnish with cilantro leaves. Serve with fish or as a taco topping.

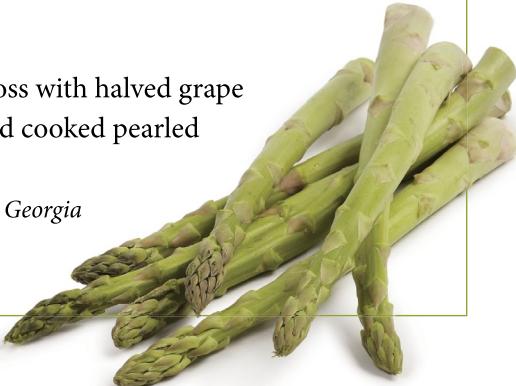
—Diana Andrews



Sweet and Sour Roasted Radishes

Simmer vinegar, sugar, and salt to create a light, tangy-sweet glaze. Whisk in butter and toss with radishes until well coated. Roast until just tender, and serve with your favorite roasted or grilled meat.

—Adam Dolge



ONE READER'S SEASONAL SPECIALTY



Pesto Asparagus Grain Salad

Cut steamed or grilled asparagus into small pieces. Toss with halved grape tomatoes, small fresh mozzarella balls, basil pesto, and cooked pearl barley, farro, or other chewy grain for a light lunch.

—Caseyrenée Lopez, Columbus, Georgia



3 WAYS WITH... Artichokes

Raw, steamed, or sautéed, whole or hearts, they're as versatile as they are delicious.

TEXT BY LAYLA SCHLACK • RECIPES BY RONNE DAY



spicy sausage and artichoke linguine

Nutty, buttery artichokes balance spicy Italian sausage, while crispy breadcrumbs and creamy mascarpone sauce make the whole dish hard to resist. Serves 4 to 6

- 1 Tbs. unsalted butter
- 1 cup fresh breadcrumbs, preferably sourdough
- 2 Tbs. finely chopped fresh flat-leaf parsley
- Kosher salt and freshly ground black pepper
- 1 lb. hot Italian sausage, casings removed
- 2 Tbs. olive oil
- 6 medium fresh artichoke hearts (see below), cut into eighths
- 3 large garlic cloves, thinly sliced lengthwise
- 1 tsp. chopped fresh rosemary
- 1 cup unsalted chicken stock
- 4 oz. mascarpone, at room temperature
- 10 oz. linguine
- 1 lemon, cut into wedges

In an 8-inch skillet, heat the butter over medium heat until the foam subsides. Add the breadcrumbs, 1 Tbs. of the parsley, $\frac{1}{4}$ tsp. salt, and $\frac{1}{4}$ tsp. pepper, and cook, stirring constantly, until the breadcrumbs are golden brown, about 3 minutes. Set aside to cool.

Cook the sausage in a 12-inch skillet over medium-high heat, breaking it apart with a spoon, until browned, 6 to 8 minutes. Transfer to a plate.

Heat the olive oil over medium heat. Season the artichokes with $\frac{1}{2}$ tsp. salt, and cook until brown on each side, turning as needed, 7 to 9 minutes total. Transfer them to another plate. Add the garlic and rosemary to the skillet and cook until fragrant, 15 seconds. Raise the heat to medium high, add the chicken stock, mascarpone, and sausage, and continue to cook until slightly thickened, 3 to 5 minutes.

Meanwhile, bring a large pot of well-salted water to a boil. Cook the linguine according to package directions until al dente. Reserve 1 cup of the pasta water, and drain.

Add the linguine and half of the breadcrumbs to the skillet and toss with the sauce and enough pasta water to moisten, if needed. Divide among 4 to 6 shallow bowls or plates, top with the artichokes and remaining breadcrumbs, garnish with the remaining parsley, and serve with lemon wedges on the side.

The Heart of the Matter

Two of the recipes here call for trimming fresh artichokes down to their hearts. Here's how to do it:

- 1. Snap off the tough, dark green outer leaves until only the tender, pale green inner leaves remain.
- 2. Cut off the inner leaves just above the base of the artichoke (the heart).
- 3. Use a paring knife to cut off the stem, and trim the heart as needed.
- 4. Use a spoon or melon baller to scoop out the hairy choke and thorny inner leaves.
- 5. As you go, put the hearts in a bowl of cold water mixed with the juice of 1 to 2 lemons to prevent them from turning brown (oxidizing). Drain and pat dry before using.



For a video on prepping artichoke hearts, go to FineCooking.com/extras.



raw artichoke, portobello, and fennel salad

Raw artichokes have a mild, intriguing flavor and firm texture.

A quick soak in vinaigrette not only enhances their flavor but also tenderizes them a bit. Be sure to slice all the vegetables as thinly as possible, either with a knife, mandoline, or the slicing blade of your food processor. Serves 4 as an appetizer

- ¼ cup extra-virgin olive oil**
- 4 large cloves garlic, smashed**
- 2 oz. thinly sliced pancetta**
- 2 Tbs. sherry vinegar**
- ½ tsp. finely chopped fresh dill**
- Kosher salt and freshly ground black pepper**
- 3 large fresh artichoke hearts (see opposite page), sliced very thinly**
- ½ small fennel bulb, sliced very thinly crosswise, fronds reserved for garnish**
- 4 oz. cremini mushrooms, sliced very thinly**
- 1 oz. shaved Grana Padano**

Heat the oil and garlic in a 12-inch skillet over medium heat, turning as needed, until the garlic is golden brown, about 2 minutes. Transfer to a small bowl and let sit for about 10 minutes. Discard the garlic.

Meanwhile, cook the pancetta in the skillet over medium heat until crisp, 3 to 5 minutes. Transfer to a paper-towel-lined plate, let cool to room temperature, and crumble. Add any rendered pancetta fat to the garlic oil. Whisk in the vinegar, dill, ¼ tsp. salt, and ½ tsp. pepper.

In a medium bowl, toss the artichoke hearts with 1 Tbs. of the vinaigrette and let sit for 10 minutes. In another bowl, toss the sliced fennel and mushrooms with 2 tsp. of the vinaigrette. Divide the fennel and mushrooms among four plates. Top with the artichokes, pancetta, and cheese. Garnish with the fennel fronds, drizzle with the remaining vinaigrette, and serve.



steamed artichokes with aioli

Mild artichoke leaves benefit from a dip in a tangy, garlicky aioli. Dip the leaves, scraping the meaty part at the bottom with your teeth. When the leaves are gone, scrape away the choke with a table knife, cut the heart into pieces, and keep on dipping. Serves 4 as a side dish or appetizer

- 4 medium artichokes**
- 3 large egg yolks, at room temperature**
- 1 Tbs. finely chopped garlic (2 to 3 cloves)**
- 1 Tbs. fresh lemon juice**
- 2 tsp. sherry vinegar**
- Kosher salt and freshly ground black pepper**
- 1 cup extra-virgin olive oil**

Trim about ½ inch off the tops of the artichokes, cut off the stems, and use kitchen shears to cut off the pointy tips of the outer leaves. Rinse the artichokes.

In a large, wide pot, bring about 2 inches of water to a simmer over medium

heat. Set a steamer basket in the pot, add the artichokes, and cover. Steam until an outer leaf pulls out easily, 30 to 35 minutes.

Meanwhile, put the egg yolks, garlic, lemon juice, vinegar, ½ tsp. salt, and ¼ tsp. pepper in a medium bowl and beat with a hand mixer on medium speed until pale yellow and foamy, about 1 minute. Slowly drizzle in the oil while mixing on medium-high speed until emulsified. If necessary, stir in a little warm water to thin the aioli. Serve with the steamed artichokes for dipping.





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MAKE IT TONIGHT

Fresh and easy weeknight cooking



Sake, Garlic, and
Ginger Chicken with
Broccolini, p. 26

ONE-PAN WONDER

sake, garlic, and ginger chicken with broccolini

Boneless chicken thighs get treated to sweet, salty, and gingery flavors. Sake, a Japanese rice wine, balances the bold flavors of garlic and soy sauce with its subtle savory-sweet notes. The smaller florets on Broccolini are great for mopping up the vibrant sauce, though broccoli works well, too. Serve with white rice, if you like.

Serves 4

- 6 Tbs. sake
- 6 Tbs. reduced-sodium soy sauce
- ¼ cup granulated sugar
- 2 Tbs. vegetable or canola oil
- 1½ lb. boneless, skinless chicken thighs
Kosher salt and freshly ground black pepper
- 1 lb. Broccolini or broccoli crowns, cut into 3-inch-long pieces
- 3 medium scallions, thinly sliced, white and green parts separated
- 3 medium cloves garlic, very thinly sliced
- 1 3-inch piece fresh ginger, peeled and sliced lengthwise into 4 slabs

Combine the sake, soy sauce, and sugar in a small bowl, and stir until the sugar dissolves; set aside.

Heat the oil in a 12-inch skillet over medium-high heat until shimmering hot. Season the chicken with salt and pepper, and cook, flipping once, until golden brown on both sides, 2 to 4 minutes per side. Transfer to a plate.

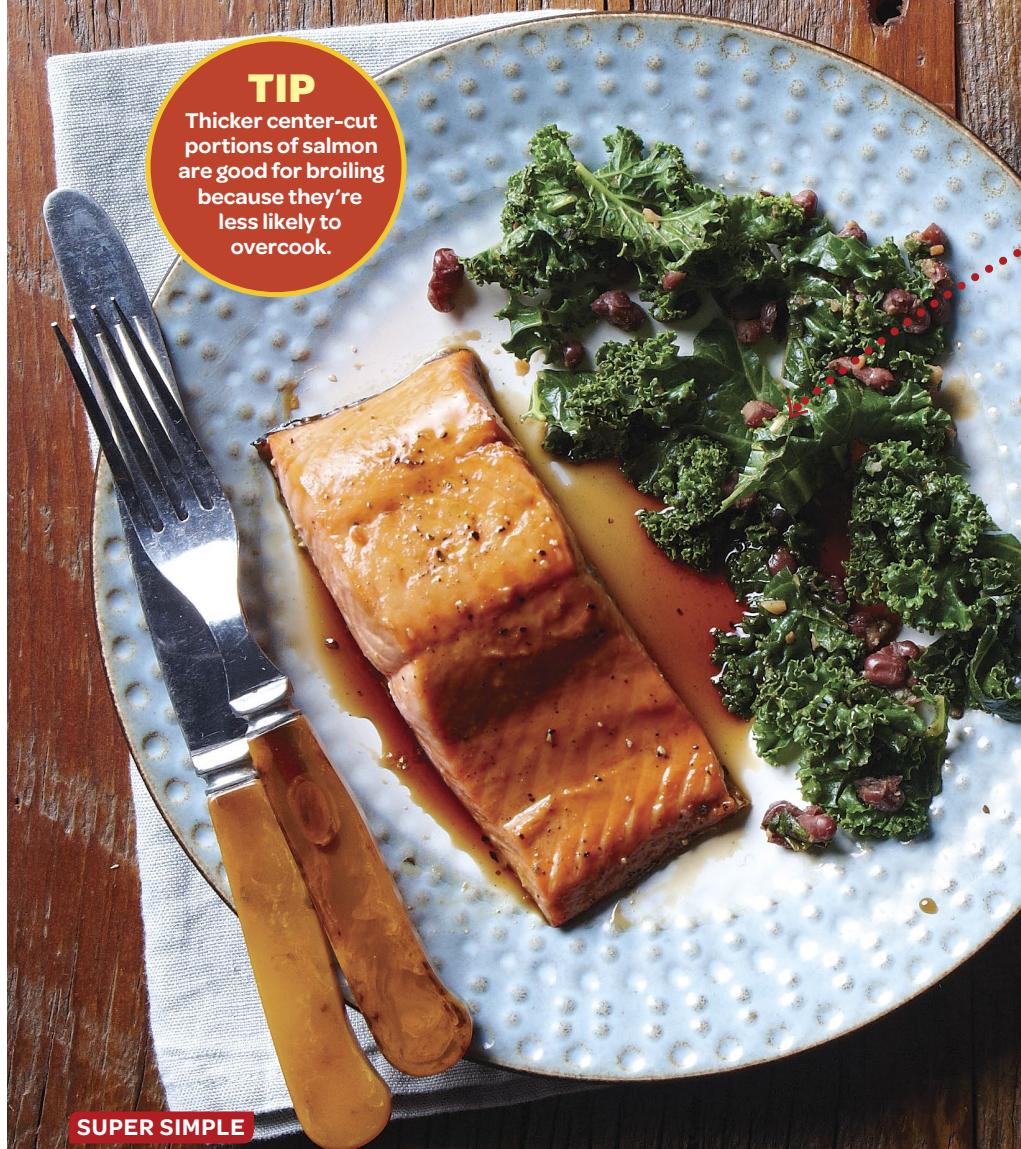
Add the sake mixture, Broccolini, scallion whites, garlic, and ginger to the skillet. Bring to a simmer. Arrange the chicken on top of the Broccolini. Cover and cook over medium heat until the Broccolini is tender and the chicken is fully cooked, about 5 minutes. Discard the ginger. Season to taste with salt and pepper, and serve sprinkled with the scallion greens.

—Abby Simchak Donovan

Pair With: SAKE A good rule of wine and food pairing is to drink the same wine used in the dish.

TIP

Thicker center-cut portions of salmon are good for broiling because they're less likely to overcook.



SUPER SIMPLE

broiled maple-soy glazed salmon

Though this glaze has just a few ingredients, it gives broiled salmon a tasty savory-sweet crust. Grade B maple syrup's stronger flavor works well here. **Serves 4**

- ½ cup pure maple syrup (preferably grade B)
- ¼ cup soy sauce
- 1 Tbs. fresh lemon juice
Kosher salt and freshly ground black pepper
- 4 6-oz. center-cut salmon fillets, pin bones removed

Combine the maple syrup, soy sauce, and lemon juice in a 1-quart saucepan, and bring to a simmer over medium-high heat. Reduce the heat to medium, and cook until syrupy, 7 to 10 minutes.

Position a rack 6 inches from the broiler element and heat the broiler

on high. Line a rimmed baking sheet with foil.

Place the salmon on the foil skin side down, and season generously with salt and pepper. Broil the salmon until it looks opaque, about 3 minutes. Brush each fillet liberally with the maple glaze, and then continue to broil until cooked to your liking, 7 to 10 minutes for medium (the salmon will be dark pink in the middle). Immediately brush with the remaining glaze and serve.

—Matthew Card

Pair With: OFF-DRY GEWÜRZTRAMINER A little bit of sweetness in the wine will balance the sweetness in the food. How do you know the wine is off-dry? Unless a Gewürztraminer specifically calls itself dry or a dessert wine, it's probably off-dry.

three speedy sides

sautéed kale with adzuki beans and tamari Serves 4

In a 12-inch skillet, heat 2 tsp. **vegetable oil** over medium-high heat. Add 2 thinly sliced **scallions**, 1 minced clove **garlic**, $\frac{1}{2}$ tsp. minced fresh **ginger**, $\frac{1}{2}$ tsp. **ground cumin**, and $\frac{1}{2}$ tsp. **ground coriander**, and cook, stirring, until fragrant, about 1 minute. Add 8 oz. **curly kale** and stir until coated. Stir in $\frac{1}{2}$ cup canned drained **adzuki beans**, 2 tsp. **tamari**, and $\frac{1}{4}$ cup water. Cover and cook, stirring occasionally, until the kale is bright green and tender, about 2 minutes. Season to taste with more tamari, freshly ground **black pepper**, and a splash of **rice vinegar**. Serve with the salmon at left or roast pork tenderloin.

—Julia Levy

poached leeks with capers and mustard vinaigrette Serves 4



In a small bowl, whisk together 1 Tbs. **sherry vinegar**, $\frac{1}{2}$ Tbs. **Dijon mustard**, $\frac{1}{4}$ tsp. **kosher salt**, and a generous pinch each of **granulated sugar** and freshly ground **black pepper**. Slowly whisk in 3 Tbs. **extra-virgin olive oil**.

Trim the roots and dark green tops from 4 large **leeks**. Halve lengthwise to 1 inch above the root ends, leaving the ends intact, and rinse well. Bring the leeks to a boil in salted water, cover, reduce the heat, and simmer until tender, 5 to 7 minutes.

Drain, slice through the root ends, and place cut side down on paper towels to drain more. Transfer to a platter cut side up and spoon the vinaigrette over them. Sprinkle with 1 Tbs. finely chopped fresh **flat-leaf parsley** and $1\frac{1}{2}$ tsp. finely chopped drained **capers**. Serve with roast chicken or fish.

—Laraine Perri

pan-roasted garlic-butter mushrooms

Serves 4

Heat 3 Tbs. **unsalted butter** and 2 Tbs. **canola oil** in an oven-safe 12-inch skillet over medium-high heat. Add 1 lb. trimmed **cremini mushrooms** (halved if large), 4 minced cloves **garlic**, 2 Tbs. chopped fresh **flat-leaf parsley**, $\frac{1}{2}$ tsp. **kosher salt**, and $\frac{1}{4}$ tsp. freshly ground **black pepper**. Cook, stirring, until lightly browned, about 3 minutes. Add 2 Tbs. **dry white wine** and transfer to a 450°F oven. Roast until tender, about 8 minutes. Stir in 1 tsp. fresh **lemon juice** and another 2 Tbs. chopped fresh flat-leaf parsley. Serve with steak or braised chicken.

—Julissa Roberts



steamed mussels with crisp chorizo and potatoes

The contrast of crisp, spicy chorizo and sweet, tender mussels is fantastic. Serve with garlic-rubbed grilled bread to mop up every bit of the flavorful broth. Serves 4

- 1 **large Yukon Gold potato**, peeled and cut into medium dice
- 1 Tbs. **white wine vinegar**
- Kosher salt**
- 2 Tbs. **extra-virgin olive oil**
- 5 oz. **Spanish chorizo** (preferably semicured; see *Test Kitchen*, p. 95), cut into small dice (about 1 cup)
- $\frac{1}{2}$ cup plus 1 Tbs. finely chopped fresh **flat-leaf parsley**
- 1 **small sweet onion**, finely chopped
- 1 large clove **garlic**, thinly sliced
- 4 lb. **mussels**, cleaned
- 1 cup **dry white wine**

Put the potato in a 4-quart saucepan and add enough water to cover by 1 inch. Add the vinegar and 1 Tbs. salt. Bring to a boil over high heat and cook until barely tender, about 4 minutes. Drain and spread on a plate in a single layer to dry.

Heat the oil in a 7- to 8-quart Dutch oven or other heavy-duty pot over medium-high heat. Add the chorizo and potato, spread in an even layer, and cook without stirring until golden brown on the bottom,

5 to 7 minutes. Continue cooking, stirring occasionally, until golden on all sides, 3 to 5 minutes more. Stir in the $\frac{1}{2}$ cup parsley, season with a generous pinch of salt, and cook for another 30 seconds. Using a slotted spoon, transfer the mixture to a plate and set aside.

Add the onion and garlic to the pot, and cook over medium-high heat, stirring frequently, until just tender, about 3 minutes (do not brown). Add the mussels and the wine. Increase the heat to high, cover, and cook, shaking the pot once or twice, until the mussels open, 3 to 5 minutes. (Discard any that don't open.) Toss the mussels with the liquid. Add the remaining 1 Tbs. parsley and the chorizo mixture, toss again, and serve.

—Mindy Fox

Pair With: SPANISH ROSÉ Look for a darker rosé, which will have red fruit flavors to stand up to the smoky chorizo.



VEGETARIAN

cavatelli with shiitake mushrooms, asparagus, and pesto

Basil pesto and asparagus add spring-like color and flavor to pasta and mushrooms. If you can find fresh cavatelli, all the better. Serves 4 to 6

Kosher salt

- 1 lb. fresh or frozen cavatelli
- 2 Tbs. olive oil
- 1 Tbs. unsalted butter
- 8 oz. shiitake mushrooms, stemmed and sliced $\frac{1}{2}$ inch thick
- 8 oz. asparagus, trimmed and cut on the diagonal into 1-inch pieces
- 2 large cloves garlic, finely chopped
- 2 Tbs. homemade or store-bought basil pesto; more as needed
- Freshly ground black pepper

2 oz. ($\frac{1}{2}$ cup) coarsely grated pecorino romano; more for serving

Torn fresh basil leaves, for garnish

Bring a large pot of well-salted water to a boil. Boil the cavatelli according to package directions until just shy of al dente. Reserve 1 cup of the cooking water and drain.

Meanwhile, heat the oil and butter in a 12-inch skillet over medium-high heat. Add the mushrooms, season lightly with salt, and cook undisturbed until browned on one side, about 2 minutes. Add the asparagus and garlic, and cook, stirring

occasionally, until the asparagus is just tender, about 4 minutes. Add the pesto and pasta water, and stir. Lower the heat, toss in the cavatelli and cheese, and simmer until the pasta is al dente, 1 to 2 minutes. Season to taste with salt, pepper, and additional pesto. Serve topped with a little grated cheese and the basil.

—Debbie Schenkel

 **Pair With:** PINOT NOIR FROM OREGON Asparagus and pecorino do well with these light, bright red wines. Plus, they tend to be mushroomy in flavor, which will go with the shiitake.

TIP

To save time, buy pre-sliced shiitake.





VEGETARIAN

chickpea-spinach masala

This vegetarian stew is fragrant with warm Indian spices like cumin, coriander, and turmeric. Mashing the chickpeas gives it a thicker texture. Serve with basmati rice or naan. **Serves 4**

2 Tbs. vegetable oil
1 medium yellow onion, chopped
1 tsp. whole cumin seeds
1 Tbs. minced garlic
1 Tbs. minced fresh ginger
1 tsp. ground coriander
1 tsp. ground cumin
½ tsp. ground turmeric

¼ tsp. ground cayenne
Kosher salt
8 oz. baby spinach
1 15.5-oz. can chickpeas, drained and rinsed
1 14.5-oz. can petite diced tomatoes
½ cup plain Greek yogurt, stirred

Heat the oil in a 12-inch skillet over medium-high heat. Add the onion and cumin seeds, and cook, stirring often, until the onion starts to brown, 3 to 5 minutes. Add the garlic and ginger and cook, stirring, until fragrant, about 1 minute. Add the coriander, ground cumin, turmeric, cayenne, and 1 tsp. salt and cook, stirring, for

another 30 seconds. Add $\frac{1}{2}$ cup water and stir. Add the spinach a couple of handfuls at a time, turning with tongs until wilted. Stir in the chickpeas and tomatoes, and simmer for 5 minutes, stirring occasionally.

Using a potato masher, mash most of the chickpeas. The mixture will thicken. Season to taste with salt, and serve dolloped with the yogurt.

—Jessica Bard



Pair With: CHENIN BLANC The floral notes in this aromatic white go great with curry spices.





GOLDEN RAISIN AND PURPLE BEET SLIDERS

INGREDIENTS

PATTIES

- 3 Tbsp. grape seed oil
- 1 yellow onion, roughly chopped
- 1 cup walnuts
- 1/2 cup Sun-Maid Golden Raisins
- 1 cup beets, grated
- 3 cloves garlic, smashed
- 2 tsp. sweet smoked paprika
- 1 tsp. salt
- 1 tsp. pepper
- 1/2 cup cooked green lentils
- 1 egg
- 2 cups cooked short-grain brown rice

FETA SPREAD

- 8 oz. feta cheese
- 1/2 cup whole milk Greek yogurt
- Squeeze of lemon juice
- 1/2 cup chopped cilantro
- Few grinds of fresh ground pepper

DIRECTIONS

- Combine the feta spread ingredients in a mixing bowl. Set aside.
- Heat oil over med. heat in a large sauté pan.
- Add the onions and cook for about 10 mins. until golden.
- Add walnuts, raisins, beets, garlic, and paprika and cook for 10 mins. stirring often. Let it cool.
- Transfer to a food processor and pulse until chunky.
- Put the mix in a large bowl and stir in salt, pepper, and half the lentils.
- Pulse the other half of the lentils, egg, and rice together to make a coarse purée.
- Combine the rice and beet mixtures.
- Use lightly oiled hands to form 8-10 small patties 1" thick.
- Heat a heavy-bottomed skillet over med-high heat and add oil to coat it.
- Place the burgers in the skillet. Cook for 5 mins.
- Gently flip burgers, lower heat, cover, and cook for 10 mins. until brown.
- Serve warm with feta spread and sliced cucumber, microgreens, or tomato.

TIPS & NOTES

- Texture and moisture level of mix should be similar to meat for a regular burger. If it's too wet, flax meal, panko, or a bit of coconut flour will dry it.
- Mix should have chunks of ingredients. Pulse lightly to preserve the texture of the walnuts and lentils.



margarita steak fajitas

Tequila and fresh lime juice are part of a quick marinade that gives these beef fajitas a bright flavor. **Serves 4**

- 3 Tbs. olive oil
- 2 Tbs. fresh lime juice, plus lime wedges for serving
- 2 Tbs. tequila
- 2 medium cloves garlic, peeled and smashed
- 1 Tbs. dark brown sugar
- 2 tsp. chili powder
- 1 tsp. ground cumin
- Kosher salt
- 1 1/2 lb. skirt steak, trimmed and cut crosswise into 4 pieces
- 2 medium sweet bell peppers, preferably a mix of colors, thinly sliced
- 1 medium red onion, halved and thinly sliced crosswise
- Freshly ground black pepper
- 8 flour tortillas, warmed
- Sliced avocado, for serving
- Sour cream, for serving
- Cilantro leaves, for serving

In a bowl large enough to hold the steak, combine 1 Tbs. of the oil, the lime juice, tequila, garlic, sugar, chili powder, cumin, and 1/2 tsp. salt. Add the steak and turn to coat.

Heat a 12-inch cast-iron skillet over

medium heat for 2 minutes, then add 1 Tbs. of the oil. Increase the heat to high, and add the peppers and onion to the skillet. Cook, stirring occasionally, until they begin to brown in spots, 7 to 8 minutes. Remove from the skillet, transfer to a plate, season with salt and pepper, and set aside.

Add the remaining 1 Tbs. oil to the skillet. Add the steak and cook over medium-high heat, flipping once, until just cooked through, about 8 minutes. Transfer to a cutting board. Return the onions and peppers to the skillet. Add 1/4 cup water, and stir to loosen any browned bits stuck to the bottom of the pan; keep warm.

Thinly slice the steak against the grain, and sprinkle with a little salt. Toss with the vegetables in the skillet and any meat juice. Serve with the tortillas, avocado, sour cream, cilantro, and lime wedges.

—Bruce Weinstein and Mark Scarbrough

Pair With: ZINFANDEL Lively fajitas deserve a zesty wine. Zin's bright fruit flavors and relatively low tannins are perfect.



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GOLDEN RAISIN AND
PURPLE BEET SLIDERS

See recipe on opposite page





SANDWICHES FOR SUPPER

turkey and pickled pepper grilled cheese

*A mixture of cream cheese and grated cheese makes a luxurious sandwich. Spicy mustard and sweet pickled jalapeños add just enough heat to counter all that richness. Look for the chiles in the pickle and condiment aisle at the supermarket. **Serves 2***

- 4 oz. cream cheese
- 4 oz. Jarlsberg cheese, grated
- 2 tsp. chopped fresh dill
- 2 Tbs. unsalted butter, softened
- 4 slices sandwich bread
- 1 Tbs. spicy brown mustard
- 3 oz. thinly sliced smoked turkey breast
- ½ cup jarred sweet and hot jalapeño rings, drained

In a medium bowl, mix both cheeses and the dill until blended.

Butter one side of two slices of bread, and place butter side down in a 12-inch nonstick skillet. Spread the mustard on top. Divide half of the cheese mixture between the two slices of bread. Divide the turkey and then the peppers between the two, then the remaining cheese. Butter the remaining two slices of bread and top the sandwich butter side up.

Cook over medium heat, pressing lightly on the sandwich, until deep golden brown, 2 to 4 minutes. Flip and cook until the other side is golden brown and the cheese has melted, another 3 to 4 minutes. Let cool briefly before slicing and serving.

—Ronne Day



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Cheesecake GOT DRESSED UP for Easter

COCONUT JOY CHEESECAKE BARS

Prep Time: 20 min. | Total Time: 6 hours 15 min. (incl. refrigerating) | Makes: 16 servings

WHAT YOU NEED

- 25 chocolate wafer cookies, finely crushed
- 2 Tbsp. sugar
- 1/4 cup butter or margarine, melted
- 4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
- 1 cup sugar
- 1 tsp. vanilla
- 1/2 cup coconut milk
- 4 eggs
- 2 oz. BAKER'S Semi-Sweet Chocolate, broken into small pieces
- 1 cup COOL WHIP Whipped Topping (Do not thaw.)
- 1 cup BAKER'S ANGEL FLAKE Coconut
- 1/4 cup PLANTERS Sliced Almonds, toasted

MAKE IT

HEAT oven to 325°F.

LINE 13x9-inch pan with foil, with ends of foil extending over sides. Combine cookie crumbs, 2 Tbsp. sugar and butter. Press onto bottom of prepared pan.

BEAT cream cheese and 1 cup sugar in large bowl with mixer until blended. Add vanilla; mix well. Gradually beat in milk until blended. Add eggs, 1 at a time, mixing on low speed after each, just until blended. Pour over crust.

BAKE 45 min. or until center is almost set. Cool completely. Refrigerate cheesecake 4 hours.

MICROWAVE semi-sweet chocolate and COOL WHIP in microwaveable bowl on HIGH 1 min.; whisk until chocolate is completely melted and mixture is well blended. Pour over cheesecake; top with coconut and nuts.



NOTHING ELSE *Tastes* LIKE

PUT SOME SPRING IN YOUR MEALS

Liven up weeknight dinners with Australian lamb

There's no doubt that lamb makes a great entrée for a special occasion, but it also deserves a place at your table any night. From broiled chops, sizzling burgers, and pan-seared steaks, Australian lamb provides variety and just the right balance of rich, juicy flavor and a meltingly tender texture that everyone will enjoy. Plus, you can feel good about serving Australian lamb to your family, as it's pasture-raised, free of artificial additives, and provides a lean source of protein.

Spring is about renewal, so now's the perfect time to change up your weekly cooking routine to include Australian lamb, which is at its peak supply this time of year. Try these easy Spice-Rubbed Lamb Loin Chops for an extraordinary meal that's ready in under 30 minutes. When serving lamb is this easy and delicious, there's no reason to wait for guests.



Spice-Rubbed Lamb Loin Chops with Pan Sauce

An easy Date-Pistachio Couscous (recipe below) makes a perfect accompaniment to the lamb chops. **Serves 4**

½ tsp. ground coriander

¼ tsp. ground cinnamon

¼ tsp. smoked paprika

Kosher salt and freshly ground black pepper

1 Tbs. olive oil

Eight 1-inch-thick Australian lamb loin chops (about 2 lb.)

1 cup lower-salt beef broth

2 Tbs. red wine vinegar

1 Tbs. honey

Small fresh mint leaves, for garnish

Combine coriander, cinnamon, paprika, 1 tsp. salt, and ½ tsp. pepper in a small bowl. Season chops on both sides with spice mixture.

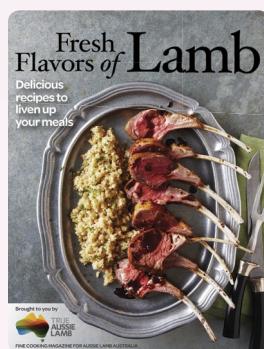
Heat oil in a large skillet over medium-high heat until shimmering. Working in batches, sear chops until brown, about 3 minutes per side. Arrange all chops in skillet, reduce heat to medium low, and cook until meat registers 125°F for medium rare, or 130°F to 135°F for medium, 8 to 10 minutes.

Transfer chops to a cutting board, tent with foil, and let stand for 5 minutes. Return skillet to stovetop over medium heat.

Add broth, vinegar, and honey and cook, stirring often, until slightly thickened, about 5 minutes. Season to taste with salt and pepper. To serve, divide chops among four plates and drizzle each with pan sauce. Garnish with mint.

TO MAKE DATE-PISTACHIO COUSCOUS:

COUSCOUS: Prepare Israeli couscous according to package directions. In a medium bowl, mix ½ cup thinly sliced scallions, ¼ cup finely chopped dates, ¼ cup chopped toasted, salted pistachios, ¼ cup lemon juice, 2 Tbs. finely chopped cilantro, 2 tsp. olive oil, and ½ tsp. salt. Fold in couscous and serve.



Visit finecooking.com/trueaussielamb to download an inspiring collection of Australian lamb recipes brought to you by Aussie Lamb and *Fine Cooking*.

..... Bring home the fresh flavors of spring with Aussie Lamb

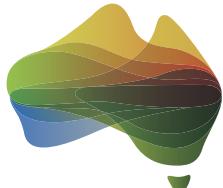
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Cooking Fish

Quick-cooking, healthful, and delicious, fish is a perfect choice for dinner. Here's what you need to know to cook it best. **BY DAVID JOACHIM AND ANDREW SCHLOSS**

WHEN IT COMES TO COOKING FISH, we face a long list of choices. Wild or farmed? Fresh or frozen? Whole or fillets? And that's just at the fish counter. At home, more questions arise. Broil or poach? Is it done yet? Understanding a little about fish from a scientific perspective can help answer these questions—read on and learn how to cook any type of fish with confidence.

Should I buy fresh or frozen fish?

Fresh usually wins, but fish is so perishable that frozen fish can be superior to fresh fish that has taken days to reach the market.

The quality of frozen fish largely depends on how it's frozen. Fish is about 70 percent water, and the longer it takes for that water to freeze, the larger the ice crystals become, eventually piercing and bursting cells in the flesh. When slowly frozen fish is thawed and cooked, the cell damage may cause moisture loss, shrinkage, and dryness in the flesh. The best frozen fish is flash-frozen at sea (often labeled "FAS") at an average temperature of -40°F to reach a -10°F core temperature in less than five hours. This process kills parasites, minimizes shrinkage, and preserves moisture when the fish is thawed and cooked.

Fish with dense, fatty flesh, such as king salmon, tends to freeze better than fish with lean, delicate flesh, such as haddock. Plus, lean fish in the gadoid family (including haddock, whiting, pollock, and cod) are particularly high in trimethylamine oxide (TMAO),

a chemical compound that breaks down to malodorous dimethylamine and formaldehyde; this means that when these fish are frozen and thawed, they're more likely to develop "fishy" ammonia and sulfur aromas. Frozen and thawed gadoid fish can also suffer from "freeze denaturation," in which the proteins begin to break down during freezing, creating a dry, spongy texture upon thawing.

The fastest, safest way to thaw any frozen fish is inside a sealed bag submerged in ice water. You can also thaw fish in the refrigerator; it will just take longer, since air isn't as efficient at transferring heat as water. If you're short on time, you can cook frozen fish without thawing it, a technique that can help create a browned crust while keeping the interior from overcooking. Simply rinse the fish under cold water to remove any ice, and pat it dry with paper towels before cooking.

Is it better to cook fish whole or filleted? Skin on or skin off?

It's best to cook fish as whole as possible. Fish flesh is low in collagen—the protein that gives cooked meat its rich mouth-feel—but its bones and skin are loaded with it. When fish is cooked on the bone and/or with its skin, the collagen melts, coating and lubricating the lean flesh. Also, because bone is a poor conductor of heat, fish cooked on the bone has less chance of overcooking than boneless fish, and as an added advantage, the skin protects against moisture loss.

What cooking methods are best for lean and fatty fish?

Because of their low fat content (as low as 0.5 percent in cod and other white-flesh fish), lean fish can easily overcook from dry-heat methods like sautéing, baking, broiling, and grilling. These fish are better suited to poaching or steaming, techniques that protect with added moisture. If you want to grill or pan-fry lean fish, it's best to keep them whole. Not only will the bones slow heat transference, but keeping a fish on its skeleton helps the cooked flesh keep its shape.

Fatty fish, such as mackerel, herring, and bluefish, are a better fit for dry-heat cooking methods; they also tend to be higher in collagen, which helps them stay moist. In fact, most fatty fish don't take well to poaching, which encourages their oils to oxidize easily, yielding off flavors. Salmon is an exception; its flesh contains astaxanthin, a pink pigment accumulated from a diet of ocean crustaceans (or, in the case of farmed salmon, food pellets that contain astaxanthin). When heated with dry or moist heat, this pigment produces aromatic molecules similar to those in fruits and flowers.

Do farmed and wild fish cook differently?

Broadly speaking, wild fish tend to cook quicker than their farmed counterparts. Wild fish swim—and eat—far and wide, developing strong bones and firm, complex flesh. Farmed fish are confined, so they tend to be fattier than wild fish and to have softer, milder-tasting flesh (wild salmon that are caught soon after they've built up their fat reserves for spawning are an exception). Fat conducts heat more slowly than protein, so fattier fish cook more slowly than lean fish.

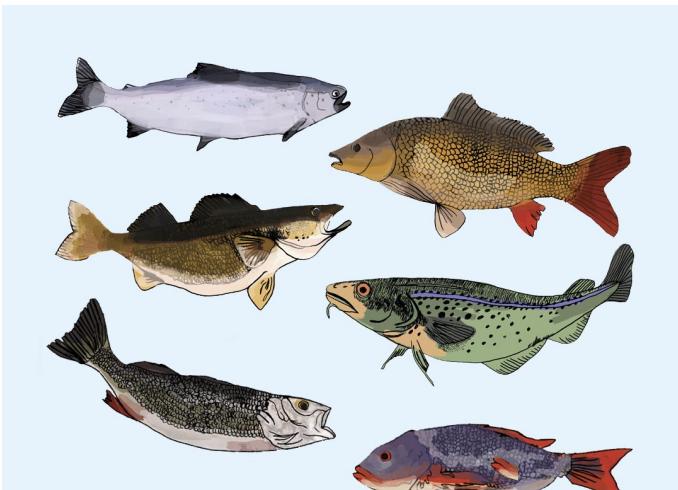
To avoid overcooking fish, use a thermometer: 125°F is medium rare, 130°F is medium, 140°F is medium well, and 150°F is well done. Dense-flesh fish like tuna and salmon can be delicious cooked to medium rare (or even raw, as in sushi), whereas delicate-flesh fish like cod and sea bass often taste best medium to medium well. Be sure to avoid holding fish at temperatures between 130°F and 140°F for long; in that temperature range, protein-digesting enzymes remain active and make fish unpleasantly mushy, particularly in species such as herring, mackerel, pollack, sardines, tilapia, tuna, and whiting.

What's the white substance that sometimes seeps from cooked fish?

It's albumin, a protein in muscle tissue that coagulates when heated, resulting in an unsightly white substance on cooked fish. Albumin exists in all meat; it's the same stuff that oozes out of hamburgers during cooking, forming gray blobs. (Albumin shouldn't be confused with albumen [with an "e"], which is egg white, a different substance.) Albumin coagulation happens regardless of the cooking method. However, you can eliminate it by soaking fish in a 10 percent salt brine (1½ tablespoons kosher salt per cup of water) for about 20 minutes before cooking; this sets the albumin. (Brining also seasons the fish, so you probably won't need to add any more salt during cooking.)

How do I get crisp skin on my fish?

Get rid of as much moisture as possible, since moisture in and on the fish skin will interfere with browning and crisping. As you now



Lean fish (0-3% fat)	Moderately fatty fish (3-10% fat)	Fatty fish (10+% fat)
Cod	Anchovy	Carp
Croaker/drum	Arctic char	Dolphinfish (mahimahi)
Flounder	Bluefish	Eel
Haddock	Catfish	Herring
Halibut	Pike	Icefish
Monkfish	Salmon	Mackerel
Mullet	Shad	Pompano
Plaice	Shark	Sablefish
Pollock	Smelt	Sardines
Porgy	Sprat	Wahoo
Roughy	Sturgeon	
Sea bass	Swordfish	
Skate	Tilapia	
Snapper	Tuna	
Sole	Trout	
Tilefish	Walleye	
Turbot	Whitefish	
Whiting		
Yellowtail		



know, fish skin is rich in the protein collagen, which, when moistened, turns into gelatin. Therefore, moist heat plus fish skin equals a gelatinous sheet. (This is less of an issue with lean fish, whose skin is filmy and contains far less collagen than the skin of fattier fish.) To remove moisture from the skin, let fish fillets sit uncovered on a plate, skin side up, for about an hour in the refrigerator before cooking. Put whole fish on a rack set over a baking sheet to let air circulate on all sides. Salting the skin before air-drying helps dry the skin even further. During cooking, use high heat to evaporate any remaining moisture, and avoid adding lemon juice, wine, or other liquids.

David Joachim and Andrew Schloss are the authors of the award-winning reference book *The Science of Good Food*.



Great Finds

Our latest buys for the kitchen and table.

BY LAYLA SCHLACK

Don't Even Talk to Us...

...Until we've had our coffee. Here are three products that get us going in the morning.

1 We love the convenience of a single-cup coffeemaker, but we're not fans of being limited by what's available in K-Cups (or using those little plastic cups at all, for that matter). Hamilton Beach's The Scoop brewer has a built-in filter that lets us brew a cup of any kind of coffee. It's also very fast and tall enough to accommodate a travel mug. **\$69.99;** hamiltonbeach.com; 800-851-8900.

2 Coffee beans are normally roasted as quickly as possible, but Chicago-based roaster Dark Matter ages them in whiskey or beer barrels before roasting to give them a deeply complex flavor. Each bag says what distillery or brewery the barrel came from, too. **\$18 for 12 oz.;** darkmattercoffee.com; 773-697-8472.

3 Even if talk is off-limits until we've had our morning cuppa, a little note is nice. This dishwasher- and microwave-safe Learning Notes mug-and-plate set has a graph-paper pattern that you can write on with pencil—and then simply wash off. **\$14;** lovethesign.com.

4 Bowl Models

Our favorite mixing-bowl features—pour spouts and handles—get a hand-thrown, hand-glazed makeover. This nesting bowl set from Maggy Ames Handmade is microwave- and dishwasher-safe. Buy the set of three (**\$150;** shakerworkshops.com; 800-840-9121) or just get the two larger ones (**\$115;** uncommongoods.com; 888-365-0056).

5 Pretty Petite Pot

Staub calls its 1½-quart cast-iron cocotte a rice pot, and while it's true that the ridged underside of the lid traps condensation for perfectly cooked grains, this little pot is so much more. Its small size helps it warm up quickly and stay warm, making it our go-to when we're cooking anything from soup or sauce to eggs or pasta for just one or two people. **\$199;** food52.com/shop.





That Honey Feeling

Savannah, Georgia-based chocolatier Adam Turoni coats gooey, floral, sunshine-sweet local honeycomb in exceptionally smooth dark chocolate, and then dusts the tiny bars in edible gold. It's a gift that any mother would love (hint, hint). **\$12.90 for 2; chocolatat.com; 912-335-2914.**



Be Grate-ful

Transferring grated cheese to a measuring cup or bowl can be a messy proposition. The Pinch Grater has a semiflexible plastic pan to collect all the cheese (or chocolate, nutmeg, or zest) and pour it tidily wherever it needs to go. **\$17; gretelhome.com; 786-247-9003.**



Tonic Boom

Unlike tonic water, Strong Tonic is neither clear nor bubbly. This syrup of chinchona extract, cane sugar, and agave is meant to be added to club soda for use in cocktails, which means you can make it as strong as you like. It's so bright, spicy, and complex that we're perfectly happy to hold the gin. **\$15.99; strongtonic.com; 703-963-8037**



Sprinkle, Sprinkle, Little Star

Lately, whenever we're looking to add just a hint of something special to a dish, we've been reaching for Takii Umami Powder. The tiny pellets of dehydrated mushrooms and salt, used during cooking or sprinkled on as a finish, add just the right hit of savory flavor. **\$8 for 3 1/2 oz.; marxpantry.com; 866-588-6279.**

Nothing but Truffle

Empire Mayonnaise is as creamy, rich, and tangy as you'd expect a fancy artisanal mayo to be. The truffle flavor ups the luxury factor. We love it for gussying up chicken salad or a portobello sandwich.

\$8 for 4 oz.; empiremayo.com; 718-636-2069.



It's a Wash

Good Thunder—a washed-rind cheese from Minnesota-based Alemar Cheese Company—is not for the faint of heart. It's got a fudgy texture and a creamy, deeply funky flavor, thanks in part to three weeks of washing in local Surly Bender beer. Age it in your fridge for up to six weeks to soften the texture and enhance the funk.

\$11 for 7 oz.; alemarcheese.com; 507-385-1004.



Here's the Scoop

LivSpoons measuring cups hook over the side of pots and serving bowls, making it easy to portion out soups and sauces, and they're pretty enough that we like them as serveware, too. We also love that they come in $\frac{1}{4}$ - and $\frac{1}{8}$ -cup sizes. **\$49.95; livligahome.com.**

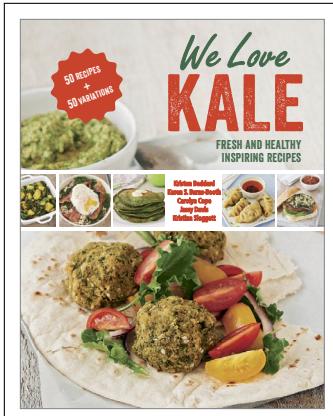


Cover Up

With clear, hard plastic lids and sturdy flexible rims, Bowl Huggers do everything we want a food saver to do: They form a tight seal over bowl lids while still allowing us to see what's inside and even stack other items on top. You might need a few sets to cover different-size bowls. **\$15 to \$17 for two; foodhuggers.com.**

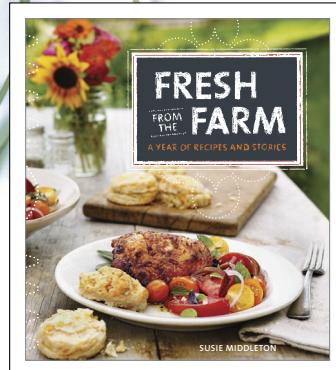
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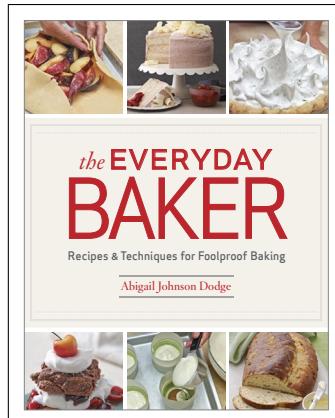
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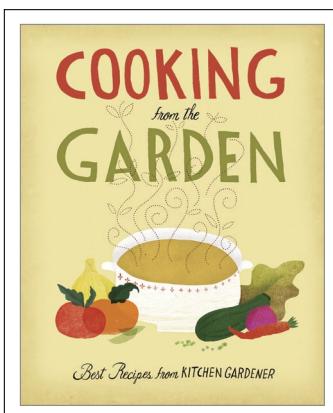
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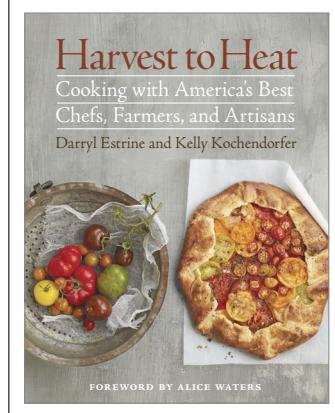
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In *Moveable Feast with Fine Cooking*, our PBS TV show now in its third season, host Pete Evans travels America, creating a feast with local chefs and artisans in every episode.



From left to right, chef Travis Haugen, bait-and-tackle man Dustin Slinker, and host Pete Evans show off Pete's catch—a 20-lb. king salmon—on a *Moveable Feast* location in Alaska.

Hooked on Anchorage

The freshest seafood imaginable inspires these Alaskan chefs. **BY NANETTE MAXIM**

STANDING IN THE SHALLOWS OF A RUSHING STREAM, waders on, fishing pole baited with roe, poised for salmon to take the line—it's just another day in the life of chef Travis Haugen of Southside Bistro in Anchorage. That's probably stretching a point, but if some chefs here aren't out catching their own fish—as Travis did with *Moveable Feast* host Pete Evans in one of our Alaska episodes—they're usually cooking it daily. "My chef friends around the country love wild Alaska salmon. Its rich flavor and melt-in-your-mouth texture make it such a

coveted species," says Travis. "But when salmon is in season (late spring to early fall), it's an everyday kind of thing here, along with halibut, rockfish, oysters, scallops, and shrimp."

Fresh seafood is always on the menu at Travis's laid-back restaurant, which he co-owns with his wife, Amanda, and chef Jens Nannestad. Fish appears in modern American dishes, like pan-seared salmon with a mushroom "tea" that won Travis the 2014 Great Alaska Seafood Cook Off. "I am a Midwestern kid who grew up with stick-to-your-ribs kind of farm food," 



ON LOCATION



Above: Pete gets outfitted for king salmon fishing.

Right: Chef Patrick Hoogerhyde gives Pete a lesson in making "spoonmeat," which involves scooping the leftover flesh from the salmon.

Far right, top: The "spoonmeat" being turned into a tartare for an appetizer.

Far right, bottom: The salmon tartare served with black pepper crackers.

Left: The prize catch of the day, a 20-lb. king salmon, about to be prepped for cooking.



says the Cordon Bleu-trained Minneapolis native. Travis came to Alaska 12 years ago to work as a line cook at Alyeska Resort, 40 miles from Anchorage. From there, he moved on to Southside Bistro, eventually becoming chef de cuisine as well as part owner. "I learned to cook seafood here in Alaska, where I focus on high-quality and interesting combinations."

Joining Travis to cook on this episode is fellow Anchorage chef Patrick Hoogerhyde of Bridge Seafood. The chefs have decided the feast will be all seafood, just in case there's any doubt about what drives the Alaskan culinary imagination. Patrick plans to fillet and pan-sear a 40-lb. halibut that he picked up from local purveyor Copper River Seafood, and serve it with a crisp cucumber-radish slaw.

Travis believes that really fresh fish requires little in the way of preparation and is best left as natural as possible, which is what he has in



mind after watching Pete haul in a big, fat 20-lb. king salmon. "When you have salmon like this, you don't want to overwork it," says Travis, as he envisions a tomato-anchovy dressing to accompany the simply grilled fish.

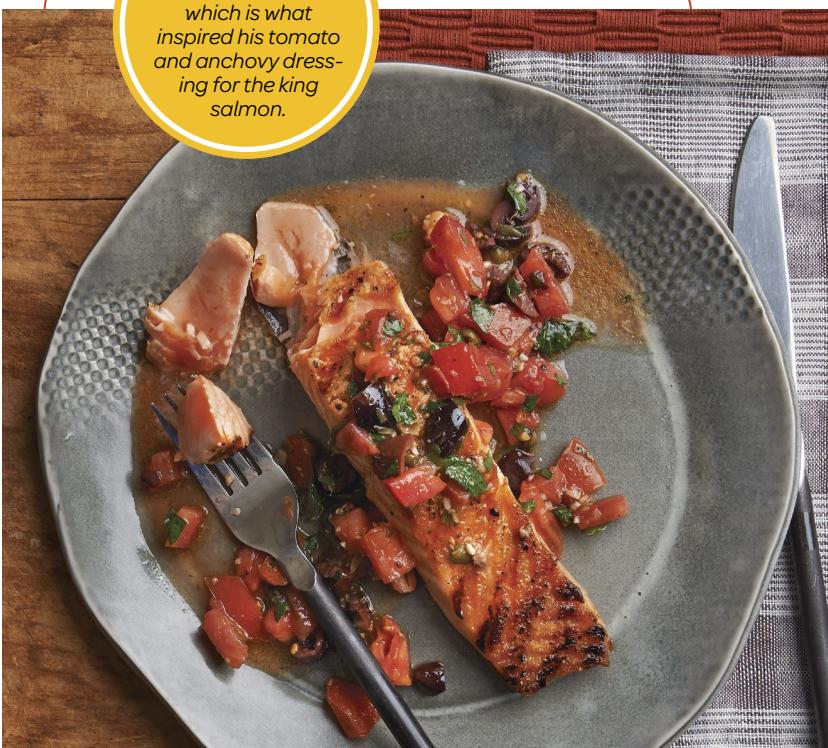
Using as much of the fish as possible is key, says Travis. After the salmon has been filleted, Pete takes the belly and mixes it with a ginger-tamari dressing and golden raisins for an Asian-inspired appetizer that he wraps in shiso leaves. And Patrick turns the "spoonmeat" (the remaining flesh that is scraped from the bones with a spoon) into an amazing tartare to be served to guests as they arrive.

Gathering on the balcony of a private home with a view of the Chugach Mountains, which are still crowned with snow in the middle of summer, guests mingle and nibble. Craft beer is big in Anchorage, and a lager from local King Street Brewing is on hand. (Patrick also uses

Patrick's tartare—seasoned with lemon, capers, and Dijon mustard—is a delicious way to highlight the salmon.



Travis loves to pair briny flavors with ocean fish, which is what inspired his tomato and anchovy dressing for the king salmon.



king salmon with tomato-anchovy dressing

Although quick enough for a busy weeknight, this grilled salmon dish will also impress guests. Be sure to use wild king salmon, also called chinook, for the best flavor. **Serves 6**

- 2 large ripe tomatoes, such as beefsteak, coarsely chopped
- ½ cup coarsely chopped kalamata olives
- ¼ cup lightly packed fresh flat-leaf parsley, chopped
- 2 anchovy fillets, finely chopped
- 1½ Tbs. capers, coarsely chopped
- 1½ Tbs. fresh lemon juice
- 1 large clove garlic, minced
- ¼ cup extra-virgin olive oil; more as needed
- Kosher salt and freshly ground black pepper
- 6 6-oz. king salmon fillets, preferably skin on

Prepare a medium-high (400°F to 475°F) gas or charcoal grill fire.

Combine the tomatoes, olives, parsley, anchovies, capers, lemon juice, and garlic in a medium bowl; stir in the oil. Season to taste with salt and pepper.

Brush the salmon with oil, and season generously with salt and pepper. Grill the salmon until medium rare, 3 to 4 minutes per side.

Serve with the tomato-anchovy dressing.

Recipe by Travis Haugen; adapted from Moveable Feast with Fine Cooking



ON LOCATION



King Street stout in his ice cream floats for dessert.)

"This is a close-knit community. There's a lot of eating and drinking together, especially during the 'dark days' of winter, but more than the food, it's about the camaraderie," says Travis. Now, though, it's summer, and the sun barely sets. The season is short, but appreciation for it is long. When good friends are gathered and the wild salmon is this fresh, life is good.



Above left: Guests relax while enjoying the first course of the feast.

Above right: Travis and Pete discuss their plans for preparing the day's catch.

Below: Patrick, Travis, and Pete showing off their dishes.



Haugen's Local Heroes

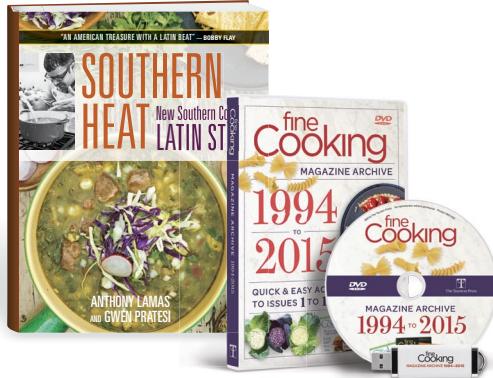
Fresh fish is one reason to adore Anchorage. Chef Travis Haugen has about a hundred more. Here are five of his go-to spots.

- On Saturday mornings, my first stop is always **Fire Island Rustic Bakeshop** for coffee and a sweet treat. The scones and breads are delicious. It's the best bakery in town, and it's all organic. (fireislandbread.com; 2530 East 16th Avenue; 907-274-0022)
- After the bakery, I hit a few markets. **The Anchorage Farmers Market** isn't showy, but the produce—including greens from **Arctic Organics**, which we use at the restaurant—is terrific. (anchoragefarmersmarket.org; arcticorganics.com; 15th Avenue and Cordova Street)
- There is so much amazing hiking to do up here. I love going to **Lost Lake Trail**, about two hours south of Anchorage, in the **Chugach National Forest**. The summer blueberry picking there is out of this world! (alaska.org)
- The seafood is so good in Alaska that the sushi is always unbelievable, especially at **Peter's Sushi Spot**, a Japanese and Asian-fusion izakaya (a Japanese-style pub). (petersushispot.com; 3020 Minnesota Dr.; 907-562-5187)
- Alex Perez, at **Haute Quarter Grill**, is a longtime chef up here and a good friend. His menu is modern American, and he has an excellent charcuterie program—I love the prosciutto. (hautequartergrill.com; 525 W. 4th Ave.; 907-622-4745)



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Seasonal favorites—lamb, asparagus, and peas—star in this simple but elegant country French menu. **BY MOLLY STEVENS**

A TASTE of SPRING

Soon after my husband and I moved into our first house, we invited friends and family over for a dinner party. Even though our floors weren't finished yet, the snow was finally melting in Vermont, and we wanted to celebrate both our move and the new season. As we all squeezed together around the kitchen table, my heart nearly burst with happiness at being able to share a meal with guests in our new home. In the years since, it's become our annual tradition to host a spring get-together, whether for Easter, to celebrate the lengthening days, or just because.

To me, spring means lamb, so the menu centers around a rolled and roasted boneless leg of lamb stuffed with bright herbs and apricots. While that may sound a little fussy, the process is actually straightforward, and much of it can be done ahead. Once rolled and tied, a process I outline on page 53, the lamb goes right into the oven and, when done, is about as easy to slice as a loaf of bread.

I also like to feature as many fresh spring vegetables in the meal as possible. Asparagus and pea shoots get tossed together for a gorgeous first-course salad. To accompany the lamb, I reach back to my French culinary training for two classic side dishes. One is a buttery ragout of peas, radishes, turnips, and spinach that's elegant simplicity at its best; you can really discern the flavor of each vegetable, and the ragout tastes light and lovely. A creamy potato gratin, flavored with caramelized onions, acts as a rich counterbalance.

For dessert, I serve a multilayer carrot cake topped with a creamy mascarpone frosting. It's a stunner, practically foolproof, and make-ahead. Come to think of it, the whole meal fits that description. And that, along with the warmer weather, is something to celebrate.

Cooking teacher, writer, and Fine Cooking contributing editor Molly Stevens is the award-winning author of All About Roasting.





THE MENU

Asparagus and Pea Shoot Salad with Pistachios and Soft-Cooked Eggs

Pair with
Sauvignon Blanc from New Zealand

Apricot-and-Herb-Stuffed Leg of Lamb

Potato and Caramelized Onion Gratin

Spring Vegetable Ragoût

Pair with
Côtes du Rhône

Carrot Cake with Mascarpone Frosting

Pair with
Late-Harvest Gewürztraminer



THE
GAME
PLAN

UP TO 1 DAY AHEAD

- Cook and peel the eggs
- Make the vinaigrette
- Bake the gratin

8 TO 12 HOURS BEFORE DINNER

- Stuff and roll the lamb
- Bake the cake
- Candy the nuts
- Blanch the vegetables for the salad and ragout
- Assemble and frost the cake



asparagus and pea shoot salad with pistachios and soft-cooked eggs

Pea shoots have a sweet flavor that pairs well with tender-crisp asparagus. Look for them at the farmers' market or by the sprouts at your grocery store. *Mâche* or baby arugula can substitute. **Serves 8**

- 3 Tbs. fresh lemon juice
- 1 tsp. Dijon mustard
- ½ tsp. granulated sugar; more to taste
- Kosher salt
- ½ cup extra-virgin olive oil
- 2 lb. asparagus, preferably thick
- 4 large eggs
- 4 oz. pea shoots or *mâche*
- Freshly ground black pepper
- ½ cup roasted, salted pistachios, coarsely chopped
- Flaky sea salt

In a small bowl, whisk the lemon juice, mustard, sugar, and ½ tsp. salt. Gradually whisk in the oil. Set aside.

Snap off and discard the tough bottom ends of the asparagus. Cut off the tips and set aside. Thinly slice the spears on a sharp diagonal (see Test Kitchen, p. 91).

Bring a 3-quart saucepan of well-salted water to a boil. Add the tips and cook until just tender, about 2 minutes. With a slotted spoon, transfer the tips to a colander. Rinse with cold water to cool quickly. Transfer to a paper-towel-lined plate to dry. Repeat with the sliced spears; they'll take about 1 minute.

In the same pot of water, boil the eggs for 6 minutes. Meanwhile, fill a medium bowl

with ice water. Using a slotted spoon, transfer the eggs to the ice water to cool for 1 minute. Pat dry with paper towels, and carefully peel.

In a large bowl, dress the asparagus spears and pea shoots with just enough of the vinaigrette to coat lightly—you won't use all of it—and season to taste with salt and pepper.

Put the asparagus tips in a small bowl, and dress with enough of the remaining vinaigrette to coat lightly.

Divide the spears and pea shoots among eight plates or mound onto a platter. Slice the eggs in half and arrange on top of the salad. Top with the asparagus tips and pistachios. Sprinkle lightly with sea salt. Serve immediately with any remaining dressing on the side.

MAKE AHEAD

You can cook and peel the eggs a day ahead. Cover and refrigerate. When ready to serve, bring a saucepan of water to a boil; add the eggs, and reheat for about 1½ minutes.

You can blanch the asparagus 8 to 12 hours ahead; cover and refrigerate.

A FEW HOURS BEFORE DINNER

- Take the lamb out of the refrigerator

1½ HOURS BEFORE DINNER

- Take the potato gratin out of the refrigerator
- Roast the lamb

JUST BEFORE DINNER

- Make the ragout
- Reheat the gratin
- Make the pan sauce for the lamb

AFTER DINNER

- Garnish and serve the cake



potato and caramelized onion gratin

Caramelized onions add a touch of sweetness to a classic potato gratin. Though Comté, a nutty and complex French cheese made in the Jura Mountains, is worth seeking out, Gruyère from neighboring Switzerland makes a good substitute. **Serves 6 to 8**

- 2 Tbs. unsalted butter**
- 1 Tbs. extra-virgin olive oil**
- 1 lb. yellow onions, thinly sliced (about 3½ cups)**
- Kosher salt and freshly ground black pepper**
- 2 lb. Yukon Gold potatoes (about 5 large)**
- 1½ tsp. chopped fresh thyme**
- 4 oz. grated Comté cheese (about 1½ cups)**
- 2 cups whole milk**
- Pinch freshly grated nutmeg**

Position a rack in the center of the oven and heat the oven to 350° F.

Heat 1 Tbs. of the butter and the olive oil in a

10-inch skillet over medium heat. Add the onions and cook without stirring until beginning to brown, 5 to 7 minutes. Sprinkle with ¼ tsp. salt and ¼ tsp. pepper. Reduce the heat to low and continue to cook, stirring and scraping the bottom of the pan frequently with a wooden spoon and spreading the onions evenly over the bottom of the skillet, until golden brown, 30 to 40 minutes. Add 1 Tbs. water at a time if the onions begin to stick to the skillet. Set aside to cool.

Peel the potatoes. Using a mandoline or sharp knife, slice the potatoes into thin rounds (about ¼ inch thick). Spread about one-third of the potatoes in the bottom of a 3-quart baking dish. Sprinkle with salt, pepper, and half of the thyme. Scatter half of the caramelized onions evenly over the potatoes, and top with one-third of the cheese. Make a second layer with half of the remaining potatoes. Sprinkle with salt and pepper, and top with the remaining thyme and onions. Top

with one-third of the cheese. Top with a third and final layer of potatoes.

In a 2-quart saucepan, bring the milk to a simmer. Stir in the nutmeg, and then pour the hot milk evenly over the potatoes. Top with the remaining cheese. Cut the remaining 1 Tbs. butter into small pieces and scatter on top.

Bake until the potatoes are tender when pierced with a paring knife and the top is golden brown, 1 hour to 1½ hours. Cover loosely with foil if the top begins to darken too quickly. Let the gratin cool for 10 to 15 minutes before serving.

MAKE AHEAD

You can make this up to one day in advance. Once cool, cover and refrigerate. Let come to room temperature for about an hour before reheating in a 350° F oven, covered loosely with foil until warmed through, about 20 minutes.

spring vegetable ragoût

Tender spinach, snap peas, baby turnips, and radishes get tossed with a light butter sauce in this simple but beautiful side dish. I like to leave $\frac{1}{4}$ inch or so of the green stem attached when using really fresh spring radishes. They are prettier this way, and the bit of stem contributes a nice earthy flavor. If you can get a mix of colors, all the better. **Serves 6 to 8**

Kosher salt

- 12 oz. sugar snap peas, strings removed (about 4½ cups)
- 1 lb. radishes, preferably small ones, trimmed
- 1 lb. turnips, preferably baby turnips, trimmed
- 1 cup lower-salt chicken broth
- 2 oz. (4 Tbs.) unsalted butter
- ½ tsp. granulated sugar
- Freshly ground black pepper
- 1 bunch scallions, cut into 1-inch pieces
- 8 oz. baby spinach leaves
- 1 tsp. Champagne or white wine vinegar

Bring a 4-quart saucepan of well-salted water to a boil. Have a bowl of ice water ready. Boil the peas until just tender, about 4 minutes. Drain, plunge into the ice water to cool, drain again, and set aside.

Cut large radishes or turnips into 1-inch wedges or pieces.

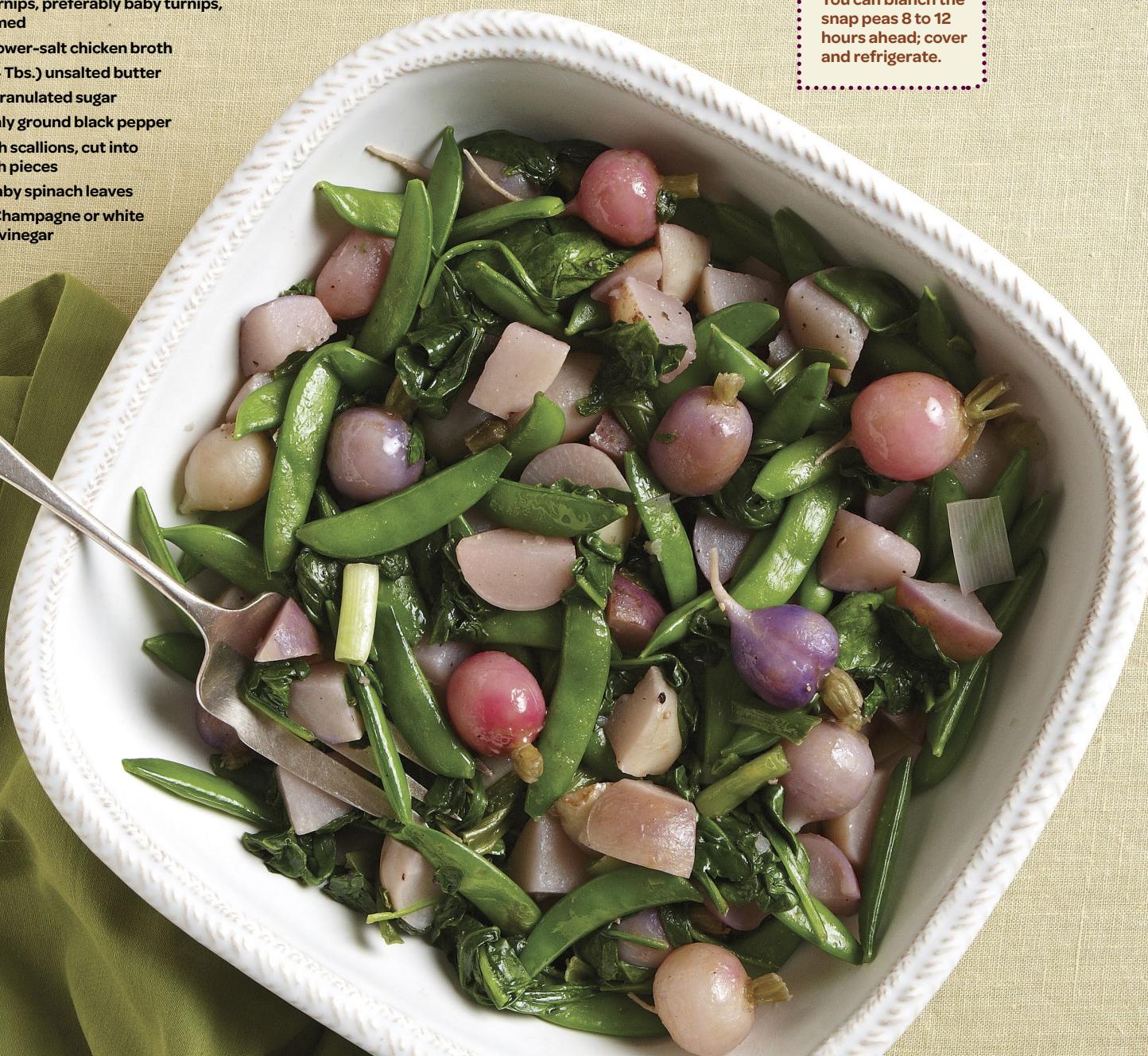
Combine the radishes, broth, butter, and sugar in a 12-inch skillet. Cover and cook over medium heat until almost tender, 4 to 6 minutes. Add the turnips, season lightly with salt and pepper, cover, and reduce the heat to low. Simmer until the turnips and radishes are tender enough to pierce easily with a paring knife, 10 to 12 minutes more.

Stir in the scallions. Cover and simmer until the scallions wilt, 1 to 2 minutes. Add the peas, and pile the spinach on top. Cover and simmer until the spinach wilts, 2 to 3 minutes. Toss to combine. Using a slotted spoon, transfer the vegetables to a warm serving platter, leaving any liquid behind.

Boil the liquid over medium-high heat to reduce it until it just covers the bottom of the skillet, about 1 minute. Stir in the vinegar, and pour the liquid over the vegetables. Season to taste with salt and pepper, toss, and serve.

MAKE AHEAD

You can blanch the snap peas 8 to 12 hours ahead; cover and refrigerate.



MAKE AHEAD

You can season, stuff, roll, and tie the lamb one day ahead.



apricot-and-herb-stuffed leg of lamb

Rolling the lamb around the filling means you get some of those bright flavors in just about every bite. For the best flavor, stuff the lamb the day before you roast it. Garnish the platter of lamb with some of the same herbs from the filling, if you like.

Serves 6 to 8

- ½ cup** small-diced dried apricots
- 3 medium** cloves garlic, peeled
- 1 cup** loosely packed fresh flat-leaf parsley leaves
- ½ cup** loosely packed fresh mint leaves
- 1 Tbs.** chopped fresh rosemary
- 1 Tbs.** Dijon mustard
- Kosher salt and freshly ground black pepper
- 3 Tbs.** extra-virgin olive oil
- 1 3½- to 4½-lb.** boneless leg of lamb
- 1 cup** lower-salt chicken broth
- ¼ cup** dry white wine or dry vermouth

In a small bowl, cover the apricots with $\frac{1}{4}$ cup boiling water; let soak for 5 minutes.

Meanwhile, pulse the garlic, parsley, mint, rosemary, mustard, $\frac{3}{4}$ tsp. salt, and $\frac{1}{4}$ tsp. black pepper in a food processor until coarsely chopped. With the machine running, add the olive oil, and process to a thick paste. Drain the apricots and stir them in.

Lay the meat flat and pat dry with paper towels. Trim any excess fat. If there are portions that are much thicker than others, butterfly the thicker portions of the lamb to make it evenly thick **1**. Lightly pound the lamb with a meat mallet **2**, if necessary, to further even it out and make it roughly rectangular in shape. Season lightly with salt and pepper.

Spread the herb paste over the

lamb, using your fingers to work it into any crevices. Starting at one short end, roll the lamb up tightly **3**, making sure to roll the meat so slices will cut across the grain. Tie the roll snugly at 1-inch intervals with kitchen twine **4**. For a more compact shape, tie the roast lengthwise with a piece of twine. If there is any herb paste left on the work surface, rub it on the outside of the lamb. Wrap the lamb well in plastic wrap and refrigerate for at least 8 and up to 24 hours.

Let the lamb sit at room temperature for about 1 hour before roasting. Meanwhile, position a rack in the center of the oven and heat the oven to 350°F.

Unwrap the lamb, transfer it to a small, flameproof roasting pan, and roast until an instant-read thermometer inserted into the center of the meat reads 125°F to 135°F for medium rare, 45 minutes to 1½ hours; begin checking early. Transfer to a cutting board, tent with foil, and let rest for 20 to 30 minutes.

Meanwhile, add the chicken broth and wine to the roasting pan. Simmer over medium heat, scraping up any pan drippings and stirring frequently, until slightly reduced, about 4 minutes.

Cut the lamb into $\frac{1}{2}$ -inch-thick slices, snipping away the twine as you go, and transfer to a platter. Add any juice from the cutting board to the roasting pan. Strain the jus, and season to taste with salt and pepper. Serve the lamb with the jus.

how to stuff and roll the lamb

For the best-looking slices, butterfly and pound the meat into an even thickness, roll tightly, and secure well.



1



2



3



4

carrot cake with mascarpone frosting

This carrot cake feels lighter than most, thanks to four thin layers, subtle spicing, and a not-too-sweet frosting made with mascarpone. **Serves 8 to 10**

FOR THE CAKE

- Cooking spray
- 6¾ oz. (1½ cups) unbleached all-purpose flour
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ tsp. ground nutmeg
- 1 tsp. baking powder
- ¾ tsp. table salt
- ½ tsp. baking soda
- 1½ cups granulated sugar
- ¾ cup safflower oil or other neutral oil
- 3 large eggs
- 1 tsp. pure vanilla extract
- 4 medium carrots, coarsely grated (about 2 cups)
- ¾ cup finely chopped pecans, lightly toasted

FOR THE FROSTING

- 18 oz. mascarpone (about 1½ cups), well chilled
- 1½ cups heavy cream, well chilled
- ¼ cup plus 1½ tsp. granulated sugar
- 1½ tsp. pure vanilla extract

FOR THE GARNISH

- 3 Tbs. granulated sugar
- ½ cup pecans
- Candied Carrot Curls (optional; see Test Kitchen, p. 92)

BAKE THE CAKE

Position a rack in the center of the oven and heat the oven to 350°F. Coat a 10x15-inch jelly roll pan with cooking spray. Line with parchment paper, and spray the parchment as well.

In a medium bowl, whisk the flour, cinnamon, ginger, nutmeg, baking powder, salt, and baking soda.

In a stand mixer fitted with the whisk attachment or with a hand-held mixer, beat the sugar and oil on medium speed until smooth, about 1 minute. Add the eggs one at a time, beating well after each addition, and then add the vanilla. Reduce the speed to low, and mix in the carrots. Fold in the dry ingredients by hand with a spatula. Stir in the nuts.

Pour the batter into the prepared pan, spreading it evenly. Tap the pan on the counter to settle the batter. Bake until a toothpick inserted into the center comes out clean, 18 to 20 minutes, turning the pan halfway through baking time. Transfer to a cooling rack and let cool completely in the pan.

MAKE THE FROSTING

In a stand mixer fitted with the whisk attachment or with a hand-held mixer, beat the mascarpone, cream, sugar, and vanilla on medium speed until smooth, about 1 minute. Increase the speed to medium high, and beat until the frosting holds stiff peaks, 30 to 60 seconds. Do not overbeat, or the frosting will lose its luster.

ASSEMBLE THE CAKE

Use an offset spatula to loosen the cake from the sides of the pan. Invert it onto a cutting board, and gently peel off the parchment paper. Using a serrated knife, cut the cake in half crosswise, then cut each half again to get four equal rectangular pieces.

Place one piece of cake, top side down, on a serving platter. Tuck strips of waxed paper or parchment under its edges. Spread a heaping ½ cup of frosting evenly over the layer with the offset spatula.

Place a second layer, top side up, on top. Make sure the edges are aligned. If it looks uneven, apply slight pressure to even it. Spread with another heaping ½ cup frosting. Repeat with the third layer, top side up, and another heaping ½ cup frosting. Top with the fourth layer, top side up.

Put about 1½ cups of frosting in a small bowl. Spread this frosting in a thin layer over the top and sides of the cake to seal in the crumbs; don't worry if this frosting is speckled with crumbs. Chill the cake in the refrigerator for 5 minutes.

Spread the remaining frosting over the top and sides of the cake (you may not need it all). Refrigerate the cake for at least 3 hours and up to 12 hours. (Cover the cake loosely with plastic if storing for more than 3 hours.)

GARNISH THE CAKE

Line a small rimmed baking sheet with parchment. Cook the sugar in a 10-inch nonstick skillet over medium-low heat without stirring until melted and golden, about 3 minutes. Add the nuts and cook, tossing occasionally, until the sugar is dark amber, 2 to 3 minutes. Transfer the nuts to the prepared baking sheet to cool completely. Chop coarsely.

Just before serving, top the cake with the candied nuts and carrots, if using. Use a serrated knife to slice the cake.





MAKE AHEAD

The cake can be baked and the nuts candied 1 day ahead and kept covered at room temperature. The cake can be frosted up to 12 hours before serving.



Shopping for SHRIMP



How to choose the best, plus why it really matters where they came from

BY CLARE LESCHIN-HOAR; RECIPES BY RONNE DAY

Shrimp is America's favorite seafood. We eat an astonishing amount of it—almost 1.3 billion pounds a year—far more than other seafood favorites, including salmon or canned tuna. A few decades ago, most of the shrimp in American markets and restaurants were wild-caught in the Gulf of Mexico, but today, the vast majority—nearly 90 percent—are imported from countries such as India, Indonesia, Vietnam, Thailand, and Ecuador. These imported farm-raised shrimp tend to be cheaper than domestic wild-caught shrimp, but some may also come with a bevy of hidden costs, including pollution, antibiotic use, and habitat destruction as well as something far more troubling: human trafficking and modern-day slavery.

The most pressing problem: slavery

In December 2015, the Associated Press reported that in Thailand's network of shrimp-peeling sheds, migrant workers and children were being forced to work 16 hours a day for little or no pay in horrific conditions. That shrimp then found its way into restaurant chains such as Red Lobster and Olive Garden and into 150 American supermarkets, including Walmart, Safeway, and Albertsons.

Unfortunately, this isn't an isolated incident. Since at least 2013, there have been reports of human rights abuses in another part of Thailand's shrimp supply chain. These reports show that immigrants, many from Myanmar, Cambodia, and Laos, have been promised good wages and steady factory jobs, only to discover they've been tricked by traffickers. Held captive at sea aboard Thai fishing boats, they're forced to work for years under brutal conditions, fishing for what's typically called "trash fish." That catch is

then ground up and used to feed shrimp in Thailand's vast shrimp industry.

And slavery isn't the only alarming issue tied to shrimp farming. Rampant chemical and antibiotic use, pollution, and

...In Thailand's net-work of shrimp-peeling sheds, migrant workers and children were being forced to work 16 hours a day for little or no pay in horrific conditions.

destruction of environmentally important mangroves have long been on the radar of environmentalists. While there are earnest efforts to improve all of these practices, the industry still has a long way to go.

Three ways to find the good ones

For most of us (including me, a food writer who's been covering seafood extensively for years), knowing which shrimp we can feel OK about purchasing and which we should avoid is tricky. Not all farmed-raised shrimp is bad, and not all wild-caught shrimp is good, but which is which?

Beyond stating whether the shrimp is farmed or wild-caught, and what country it's from, most packaging is vague. You probably won't know if it's a whiteleg shrimp or a giant tiger prawn. If the shrimp was wild-caught, you won't know if it was harvested using a skimmer trawl or an otter trawl—or that the latter is a better environmental option. If the shrimp was farmed, there's no information on the aquaculture practices used to raise it. These variables make seafood buying guides like the Monterey Bay Aquarium's Seafood Watch—which base their recommendations on species and harvesting methods or aquaculture systems—less helpful.

Fortunately, there are other ways to ensure the shrimp you bring home is the best choice you can make regarding human rights and the environment.

LOOK FOR CERTIFICATION LABELS

A good place to start is to search the package for certification labels. Look for the MSC (Marine Stewardship Council) logo on wild shrimp, or the ASC (Aquaculture Stewardship Council) or GAA (Global Aquaculture Alliance) Best Aquaculture Practices



Above: Certification labels are a good way to know if shrimp was caught or farmed responsibly. **Right:** Louisiana shrimper Lance Nacio and his boat, the Anna Marie, which he's outfitted with fishing gear modified to reduce bycatch.

certification on packages of farmed shrimp. These organizations have established standards on how shrimp are caught or farmed. Fishermen and shrimp farmers must meet tough rules on impacts that range from bycatch and fishing gear used when harvesting wild shrimp to pollution, antibiotic use, and habitat destruction for farmed shrimp. If your supermarket doesn't carry any certified shrimp, ask them to start.



SHOP AT GROCERY STORES WITH SUSTAINABILITY COMMITMENTS

Walmart and Costco have pledged to review their supply chains to ensure slave labor was not used in their products. Other supermarket chains, including Safeway, Kroger, and Target, all have made public seafood sustainability pledges in recent years, but some (like Whole Foods) are much farther along than others (like Publix).

Whole Foods was also named in the Associated Press story as one of the supermarket chains receiving slave-peeled shrimp, but the company disputes the findings, saying they "do not purchase any shrimp from peeling shed facilities" and that they inspect processing facilities, farms, docks, and distribution centers firsthand. Furthermore, Whole Foods' shrimp standards (which outline the rules they follow to source shrimp for their stores) do not allow shrimp farmers to use antibiotics

or pesticides. There are also rules governing impacts on the surrounding environment, guidelines on water quality, and details on what is and isn't allowed in shrimp feed.

Concerns over slavery, antibiotic use, or pollution are not associated with U.S. wild-caught shrimp. However, it's not automatically a problem-free choice.

BUY AMERICAN

America has strict labor laws and some of the best environmental policies on the planet when it comes to the harvesting of our own seafood. We have a variety of delicious wild regional choices, including flavor-packed shrimp from the Gulf of Mexico and southern Atlantic, delicate pink shrimp from Oregon, Florida rock shrimp, and tasty West Coast spot prawns, to name a few.

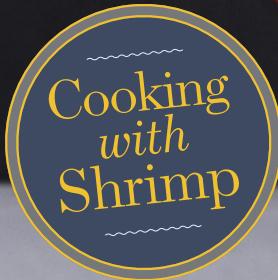
Concerns over slavery, antibiotic use, or pollution are not associated with U.S. wild-caught shrimp. However, it's not automatically a problem-free choice. The majority of U.S. shrimp is caught using trawls—nets that are dragged along the seafloor. That means shrimpers catch a lot more than just shrimp. Sometimes they snare turtles,

sharks, or other fish known as bycatch. In the 1990s, the amount was an astonishing (and unsustainable) 4 pounds of bycatch for every 1 pound of shrimp harvested. Today, that number is between 2 and 2.5 pounds of bycatch for each pound of shrimp, but scientists and fishermen are finding some promising techniques that could whittle that number down even more.

Conscientious shrimpers like Louisiana-based Lance Nacio of Anna Marie Shrimp take sustainability challenges seriously and have modified fishing gear and partner closely with environmental groups to minimize bycatch. "We try to be as sustainably minded when we fish as possible. We want to lessen our impact when we're out fishing. When we pull up the net and there's just shrimp in it, that's the best case for us. My goal is to minimize it to less than 10 percent and often 5 percent. You can't get it all out, but we're trying," he tells me.

And that's the good news for folks who love shrimp and want to do right. Yes, you can keep enjoying shrimp—and the recipes on the following pages are good ways to do that. You just need to take some extra care when buying it. The price might be higher for the good ones, but the peace of mind that comes with them is priceless.

Clare Leschin-Hoar is a freelance reporter who covers the complex issues surrounding sustainable seafood. Ronne Day is Fine Cooking's senior food editor and stylist.



spicy orange-balsamic shrimp cocktail

In this modern spin on a beloved classic, traditional tomato-horseradish cocktail sauce gets a big boost of flavor from fresh oranges, spicy chipotle, and tangy balsamic glaze. **Serves 4**

FOR THE SHRIMP

- 1 cup dry white wine
- 3 Tbs. Old Bay seasoning (or similar)
- Kosher salt
- 1½ lb. colossal shrimp (U-15 per lb.), deveined but left in their shells (see Test Kitchen, p. 92)

FOR THE SAUCE

- 4 large navel oranges
- 1 28-oz. can diced tomatoes, preferably San Marzano, drained
- 1½ Tbs. tomato paste
- 1½ Tbs. granulated sugar
- 1 Tbs. coriander seeds, toasted and crushed
- 2 tsp. minced canned chipotle in adobo
- Kosher salt
- 2 Tbs. unsalted butter
- ½ cup finely chopped sweet onion
- 2 Tbs. prepared horseradish; more to taste

FOR SERVING

Balsamic glaze (optional)

POACH THE SHRIMP

In a 4-quart saucepan, combine the wine and Old Bay with 1½ tsp. salt and 1 cup water; bring to a boil. Reduce the heat to low, add the shrimp, and poach until just

cooked through, 2 to 3 minutes. Transfer the shrimp to a baking sheet and let cool in a single layer to room temperature. Cover with plastic wrap and refrigerate until ready to serve. Discard the poaching liquid. (The shrimp may be poached up to 1 day ahead.)

MAKE THE SAUCE

Slice the peels away from the oranges. Working over a bowl, cut the segments free from the membranes, then squeeze the membranes to yield ¼ cup juice. Coarsely chop 10 of the segments and set aside. In a food processor, combine the remaining orange segments and the orange juice with the tomatoes, tomato paste, sugar, coriander, chipotle, and 1 tsp. salt; purée until smooth.

In a 4-quart saucepan, heat the butter over medium-high heat until the foam subsides. Add the onion and cook, stirring occasionally, until golden brown, about 3 minutes. Add the tomato mixture and bring to a boil over medium

heat. Reduce the heat to low and simmer for 5 minutes to meld the flavors. Cool to room temperature. Add the horseradish and refrigerate until cold, at least 2 hours. (The sauce may be made up to 1 day ahead.)

SERVE

Peel the shrimp, leaving the tails intact. If using the balsamic glaze, generously drizzle it down the inside of four Champagne coupes or martini glasses. Season the sauce with more salt and horseradish to taste. Divide the sauce among the glasses. Garnish with the reserved chopped orange segments, place 4 to 5 shrimp around the rim of each glass, and serve.



Pair With: AN OFFBEAT MARTINI
A straightforward shrimp cocktail is perfect with a straightforward martini, but this sweet-spicy sauce calls for something slightly different. Try a martini made with sweet vermouth instead of dry, or one made with pepper vodka.



pasta with shrimp, shallots, and cherry tomatoes in madeira sauce

Capers add a briny exclamation point to this creamy pasta dish, while fried shallot rings lend a crisp element. Feel free to substitute any short pasta for the campanelle. Serves 4

- 5 medium shallots, 2 sliced crosswise into rings, 3 sliced lengthwise into strips
- 2 Tbs. all-purpose flour
- 7 Tbs. olive oil; more as needed
- Kosher salt
- 1½ lb. extra-jumbo shrimp (16 to 20 per lb.), shelled and deveined, shells reserved
- Freshly ground black pepper
- 2 Tbs. unsalted butter
- 3 large cloves garlic, thinly sliced lengthwise
- ½ cup Madeira, preferably rainwater
- 1 lb. cherry or grape tomatoes
- ¾ cup heavy cream
- 10 oz. campanelle pasta (or similar)
- 2 Tbs. capers, drained but not rinsed
- 2 Tbs. thinly sliced chives

In a small bowl, toss the shallot rings in the flour until coated. In a 10-inch skillet, heat 3 Tbs. of the oil over medium-high heat until shimmering. Working in two batches, cook

the shallot rings until golden brown, adding more oil if necessary, 3 to 4 minutes. Using a slotted spoon, transfer to a paper-towel-lined plate and sprinkle lightly with salt.

In a 2-quart saucepan, boil the shrimp shells in 2 cups of well-salted water until the water is reduced to 1½ cups, about 5 minutes. Strain and set aside.

Season the shrimp with ½ tsp. salt and ½ tsp. pepper. In a 12-inch skillet, heat 2 Tbs. of the oil and the butter over medium-high heat. Add half of the shrimp and cook until just cooked through, about 30 seconds per side. Transfer to a plate and repeat with the remaining shrimp.

Add the remaining 2 Tbs. oil, the garlic, and shallot strips to the skillet and cook, stirring, until golden brown in spots, 2 to 3 minutes. Add the Madeira and cook until almost fully evaporated, about 3 minutes. Add the tomatoes and cook until most have

burst and their liquid is reduced by half, 4 to 5 minutes. Add the cream and ½ cup of the shrimp broth; cook until the sauce thickens, 4 to 5 minutes. Add the shrimp and cook until just heated through. Season to taste with salt and pepper.

Meanwhile, bring a 6-quart pot of well-salted water to a boil. Cook the pasta according to package directions until al dente. Drain the pasta. Add the pasta and capers to the sauce and toss, adding some of the remaining shrimp broth to loosen the sauce, if necessary. Divide the pasta among four shallow bowls, garnish with the chives and fried shallots, and serve.

Pair With: CHARDONNAY These white wines range from bold and buttery to crisp and delicate. The former will complement the creamy sauce, while the latter will provide contrast. Either way, it will be delicious.





curry-crusted shrimp with coconut noodles

Fans of Thai cuisine will immediately recognize the flavors in this dish, which is like a deconstructed Thai shrimp curry. The twist here is that the shrimp are fried separately to give them a nice, crunchy coating. If you'd like to make this gluten-free, use almond flour instead of panko. Serves 4

FOR THE NOODLES

- 2 13.5-oz. cans coconut milk
- 1/4 cup fresh lime juice, plus 1 tsp. finely grated zest
- 2 Tbs. dark brown sugar
- 2 Tbs. fish sauce
- 1 Tbs. peanut oil
- 1 Tbs. rice vinegar
- 1 tsp. mirin
- 1/2 tsp. Asian sesame oil
- Kosher salt
- 8 oz. wide rice noodles
- 1 cup sugar snap peas, trimmed and cut in half on the diagonal
- 3 medium carrots, thinly sliced on the diagonal
- 1 large red bell pepper, cut into medium dice
- 1/2 small sweet onion, sliced lengthwise 1/4 inch thick

FOR THE SHRIMP

- 3 Tbs. Thai red curry paste
- 2 large eggs
- 1 cup panko
- 2 tsp. granulated garlic
- 2 tsp. granulated onion
- 1 1/2 tsp. dark brown sugar
- Kosher salt
- 1 lb. extra-jumbo shrimp (16 to 20 per lb.), peeled and deveined, tails left intact
- 3 Tbs. peanut oil; more as needed

FOR SERVING

- Small basil leaves (optional)
- Sriracha (optional)
- Lime wedges (optional)

MAKE THE NOODLES

In a 4-quart saucepan, combine the coconut milk, lime juice and zest, sugar, and fish sauce. Bring to a boil, lower the heat to a simmer, and cook until reduced to about 3 cups, 20 to 25 minutes.

Meanwhile, in a small bowl, whisk together the peanut oil, vinegar, mirin, sesame oil, and 1/4 tsp. salt until the salt dissolves.

Cook the rice noodles according to package directions. Drain, rinse, and toss with the vinegar mixture.

Add the peas, carrots, red pepper, and onion to the coconut milk mixture and simmer until crisp-tender, about 4 minutes. Add the noodles, and toss until heated through, about 2 minutes. Remove from the heat, cover, and set aside.

MAKE THE SHRIMP

In a small bowl, whisk the curry paste with the eggs until well blended. In another small bowl, mix the panko, granulated garlic, granulated onion, sugar, and 1/2 tsp. salt.

Have ready a large rimmed baking sheet. Pat the shrimp dry with paper towels. Holding a shrimp by its tail, dip it into the egg mixture, coat with the panko mixture, and place on the baking sheet. Repeat with the remaining shrimp.

In a 12-inch cast-iron skillet, heat the peanut oil over medium heat until shimmering. Have ready a paper-towel-lined plate. Working in batches, fry the shrimp until golden brown, about 1 minute on each side, adding more oil to the skillet if necessary. Transfer to the plate.

SERVE

Divide the noodle mixture among four shallow bowls. Top with the shrimp and garnish with the basil leaves (if using). Serve with the Sriracha and lime wedges on the side (if using).



Pair With: GEWÜRZTRAMINER This white wine is full-bodied enough to stand up to the coconut milk, and its lychee notes work well with the Asian flavor profile in this dish.





marinated shrimp and vegetable tacos

With so many toppings to choose from, these tacos make for a dinner that's as fun as it is tasty. Serves 4

FOR THE MARINATED SHRIMP

- 1½ lb. jumbo shrimp (21 to 25 per lb.), peeled and deveined
- Kosher salt
- ¼ cup olive oil
- 1 Tbs. finely chopped garlic
- 2 tsp. chili powder
- ½ cup Champagne vinegar
- ½ cup fresh orange juice
- ¼ cup tequila, preferably *añejo*
- ¼ cup fresh lime juice, plus 2 tsp. finely grated lime zest
- 1 Tbs. dark brown sugar
- ½ tsp. smoked paprika
- 1 jalapeño, thinly sliced

FOR THE MARINATED VEGETABLES

- 2 large radishes, cut into matchsticks
- 1 small carrot, cut into small dice
- ¼ yellow bell pepper, cut into small dice
- ¼ cup finely chopped sweet onion

FOR SERVING

- 1 avocado, cut into small dice
- 1 mango, cut into small dice
- 1 cup cilantro leaves
- Lime wedges
- Corn or flour tortillas

MARINATE THE SHRIMP

Season the shrimp with ¾ tsp. salt. Heat 2 Tbs. of the oil in a 12-inch skillet over high heat until shimmering. Working in batches, sear the shrimp on each side, about 30 seconds per side. Transfer to a heatproof bowl and set aside.

Lower the heat to medium, wipe out the pan, add the remaining 2 Tbs. oil, and heat until shimmering. Add the garlic and cook, stirring, for about 30 seconds, then stir in the chili powder and cook for about

15 seconds. Add the vinegar, orange juice, tequila, lime juice and zest, sugar, paprika, jalapeño, and 1 tsp. salt, and bring to a boil. Take off the heat and cool until just warm. Reserve ¼ cup of the marinade and pour the rest over the shrimp. Refrigerate at least 4 hours and up to overnight.

MARINATE THE VEGETABLES

In a small saucepan, gently heat the reserved marinade until warm. In a medium bowl, combine the radishes, carrot, yellow pepper, and onion. Toss with the marinade, and let sit at room temperature for 1 to 4 hours before serving.

SERVE

Let the shrimp sit at room temperature for about 45 minutes. Remove the shrimp from the marinade and transfer to a small serving dish.

Put the marinated vegetables, avocado, mango, cilantro leaves, and lime wedges in separate small serving bowls. Heat the tortillas according to package directions.

Serve family-style, letting everyone assemble their own tacos with their choice of toppings.

 **Pair With:** TORRONTÉS FROM MENDOZA OR SAN JUAN Almost any aromatic white would work, but these Argentine wines from warmer regions have a little sweetness to go nicely with the toppings.



THE ART OF Persian Rice

Learn the
unique
technique
behind this
revered
side dish.

BY LOUISA
SHAFIA



Tiled tabletop courtesy of Bantam Tileworks, Bantam, CT

MY FATHER IS ORIGINALLY FROM IRAN, so I grew up casually familiar with the artistry of Persian rice. By that, I mean it was a staple of my childhood eating in Philadelphia along with all kinds of American food and other Iranian essentials.

My father cooked Persian rice on the weekends, when he could devote some time to it. Though much of the work is hands off, it takes almost two hours start to finish. This elegant but basic white rice (*chelo* in Farsi), flavored simply with lots of butter and a little saffron, accompanied rich stews, kebabs, and even good old roast chicken.

The traditional method my father followed, which I'm sharing here, includes parboiling fragrant long-grain rice, and then steaming it without additional liquid. This two-step process makes the rice lighter and fluffier than if it were cooked only once in simmering water. My father was also sure to cook the rice in such a way that a crisp golden crust formed on the bottom. Called *tahdig* (tah-DEEG), which is Farsi for "bottom of the pot," the crust would ideally come out of the pot as a whole round disk for us to break apart and eat along with the fluffy rice. My sister and I thought *tahdig* tasted like an ideal mix of popcorn and potato chips. Needless to say, we loved it, and there was never any left over after dinner.

Tahdig doesn't happen without some prodding; the rice needs to be pressed into the bottom of the pot and then cooked until crisp. Getting the whole *tahdig* out of the pot in one piece is not a guarantee, but it still tastes crunchy and buttery if it comes out in pieces. (Adding a little yogurt, as directed in the variation on page 67, can help, too.)

While my father always followed certain steps to make his wonderful rice, it wasn't until I started cooking professionally that I researched Persian rice to understand the reasons behind his methodical ways. What I learned is that none of the steps is arbitrary.

On the following pages, you'll find the recipe as well as photos illustrating the steps and the whys behind them. Although the process may seem involved, I promise that it's actually really fun to do, and the results are worth it. Just ask my father.

Writer, blogger (lucidfood.com), retailer ([Magpie Cookshop](http://MagpieCookshop.com)), and cooking teacher Louisa Shafia is the author of *The New Persian Kitchen*. She lives in Nashville, Tennessee, with her husband and son.



What's a *damkoni*?

A *damkoni* is a padded cloth that fits under the lid of a pot to catch condensation as rice steams. A Persian invention, it looks like a shower cap, and the ones made in Iran come in really bright colors and quirky patterns. A clean kitchen towel makes a fine substitute, but a *damkoni* is handy because it wraps around the lid without any cloth hanging down near the heat source. See Sources (p. 96) for where to buy one.

Why each step matters



1

Soaking the rice allows it to absorb water slowly so it can extend to its full length. Rinsing it until the water runs clear removes excess starch so that the grains don't stick together when cooked.



2

Parboiling the rice guarantees that it will be fully cooked after a more gentle steaming later.



3

To make *tahdig*, a portion of the parboiled rice gets packed onto the bottom of a well-oiled pot. Use a flexible spatula or the bottom of a measuring cup to press firmly.



7

Cook the rice over medium-low heat to crisp the bottom, then let it gently steam to finish. A cloth under the lid absorbs any condensation, which keeps the rice dry and fluffy.



8

Hot water helps to activate the flavor and intensify the color of the saffron. Gently swirl the saffron with the water, and let it steep until you're ready to use it.



9

Be careful when spooning off the steamed rice; you don't want to disturb the *tahdig*.

persian saffron rice

Three kinds of rice come from one pot: light, fluffy, buttery white rice; rice flavored with saffron; and a crunchy fried rice cake (called *tahdig*). For best results, use a good-quality basmati rice and whole saffron threads, not ground saffron. **Makes 6 cups; serves 6 to 8**

2 cups white basmati rice

Fine sea salt

3 Tbs. canola or vegetable oil

½ tsp. saffron threads

1 Tbs. unsalted butter, cut into quarters, softened

Put the rice in a medium bowl and add cold water to cover by at least 1 inch. Soak at room temperature, swishing the rice around a few times, for 30 minutes. Drain through a medium-mesh strainer, and rinse under cold water until the water runs clear **1**.

In a 4- to 6-quart pot, combine 8 cups water and 1 oz. (about 2 heaping Tbs.) salt. Bring to a boil over high heat, add the rice, and return to a boil. Lower the heat to medium high and cook, stirring occasionally, until the rice is almost tender but the center is still opaque and not yet fully cooked, about 5 minutes **2**. (Test by breaking a grain in half.) Drain through the medium-mesh strainer and rinse

under cold water to cool. Drain well.

Heat a 5-quart heavy-duty pot or Dutch oven, preferably measuring about 9½ inches across, over low heat for about 2 minutes.

Add the oil, swirling to coat the bottom of the pot. Spread 2 cups of the rice evenly over the bottom of the pot, and press down hard on it with a flexible spatula or the flat bottom of a measuring cup **3** to compact it. Sprinkle ¼ tsp. salt over the rice **4**.

Add the remaining rice to the pot, centering it in the middle of the bottom layer of rice. Use your hands to shape the rice into a pyramid **5**. Use a chopstick to poke several holes in the rice pyramid **6**.

**4**

Season the *tahdig* layer with some salt. Unlike the rest of the rice, it doesn't get tossed with butter or saffron and can use the flavor boost.

**5**

Mounding the rest of the rice keeps it from sticking to the sides of the pot as it's heated up. The rice is not hot at this point, so you can use your hands to shape it.

**6**

Poking holes in the pile of rice allows steam to escape, giving the rice a light texture. Use a chopstick or something similar.

**10**

Tossing a small amount of rice with the saffron liquid adds flavor and a brilliant color that contrasts with the white rice.

**11**

Check to see if the *tahdig* is ready by pulling it up with an offset spatula and peeking underneath. If it looks pale, keep cooking.

**12**

Ta da! It's *tahdig*. Loosen its edges before inverting the pot onto a serving plate. Serve it whole or in shards along with the fluffy rice.

Cover the pot with its lid, turn the heat up to medium low, and cook, undisturbed, for 10 minutes. Reduce the heat to low; if you have a heat diffuser (also called a flame tamer or simmer ring), put it under the pot. Uncover the pot and place a folded kitchen towel over the pot **7**, making sure the ends don't touch the heat source. (Or use a damkoni; see page 65.) Cover tightly with the lid. Cook until the rice on top is tender, about 50 minutes.

Meanwhile, grind the saffron in a mortar and pestle. Add 1 Tbs. hot water **8** and set aside to steep.

Without disturbing the *tahdig*, gently spoon 1 cup of the rice into a small bowl **9** and the

rest onto a serving platter. Using a fork, gently toss the rice on the platter with the butter and season to taste with salt. Toss the rice in the bowl with the saffron water **10**, and spoon it over the white rice.

Check that the underside of the *tahdig* is golden brown by gently lifting an edge with an offset spatula **11**. If very pale, cook a few more minutes. Loosen the sides and bottom with a butter knife or a small offset spatula, and flip it onto a plate **12**. (If it clings, remove it in pieces with a spatula.) Serve the *tahdig* whole or broken in pieces along with the rice.

VARIATION

persian rice with yogurt *tahdig*

*In this version, a little yogurt binds the *tahdig*, making it a bit richer and also helping it stay intact when it's flipped out of the pot.*

Follow the directions at left, but stir 3 Tbs.

Greek-style yogurt into the 2 cups of parboiled rice before pressing into the pot to make the *tahdig*.



Adding savory flavors means
you can eat them for lunch and dinner, too.

WAFFLES

Beyond Breakfast

I REGULARLY MAKE WAFFLES ON WEEKEND MORNINGS

because my daughter loves them. My waffles are light and sweet, and with some bacon on the side and a hot cup of coffee, they make a satisfying breakfast. But there's a whole other world of waffles out there—savory ones that work as well for lunch or dinner as they do brunch. This is not a totally new concept: In the South, fried chicken has long been paired with sweet waffles and maple syrup for a sweet and savory meal. More chefs lately are making the waffle itself the focus of savory attention, adding things like pastrami, cheese, or herbs and spices to the mix. The result is familiar in that it's waffle-shaped, but also exciting, because it's packed with unexpected and delicious flavors.

Here, we've picked a few that caught our attention: a smoked-salmon-and-cream-cheese waffle (reminiscent of lox and bagels) from an innkeeper in Maine, a cornmeal-Cheddar-chipotle waffle from a woman who literally wrote the cookbook on waffles, and a crazy-cool Asian spin on chicken and waffles from a popular Boston restaurant. Read on to learn a little more about these waffles and the folks who came up with them. Then go heat up the waffle iron—no need to make coffee.

COMPILED BY JOANNE SMART

smoked salmon waffles with scallion cream cheese

If you like the classic combo of lox, bagel, and cream cheese, you'll love these waffles. The contrast of the crisp waffle and the silken salmon on top is pure delight. **Makes five 6½-inch round**

Belgian-style waffles; serves 4 with left-over waffle(s)

9 oz. (2 cups) unbleached all-purpose flour
2 Tbs. cornmeal (fine or medium grind)
1½ tsp. instant yeast
Kosher salt
1½ cups whole milk, heated to lukewarm
2 large eggs, beaten
¾ cup heavy cream; more as needed
½ cup plus 2 Tbs. whipped cream cheese
3 scallions, thinly sliced
3 oz. cold-smoked salmon, coarsely chopped, plus 4 to 8 thin slices for serving

2 tsp. finely chopped fresh dill; more for garnish

2 tsp. prepared horseradish

1 tsp. fresh lemon juice

Freshly ground black pepper

In a medium bowl, whisk the flour, cornmeal, yeast, and ¾ tsp. salt. Add the milk and eggs, and whisk until just combined. Cover with plastic wrap and refrigerate until the batter is bubbly and has risen a bit, about 2 hours.

Meanwhile, whisk the heavy cream, ½ cup of the cream cheese, scallions, and ¼ tsp. salt in a medium bowl until smooth. Refrigerate until ready to serve the waffles.

Heat the oven to 200°F. Heat a waffle iron. Put the remaining 2 Tbs. cream cheese, the chopped salmon, dill, horseradish, lemon juice, 1 tsp. salt, and ½ tsp. pepper in a food processor and pulse to combine.

Whisk the mixture into the waffle batter until almost smooth.

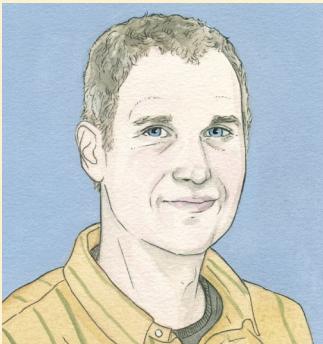
Cook the waffles according to the waffle iron manufacturer's directions until golden and crisp.

Whisk the cream cheese mixture with more heavy cream to loosen it. Serve the waffles topped with sliced salmon, a drizzle of cream cheese, and dill, if you like.

Pair With: BRUT CHAMPAGNE

Crisp acidity complements the smokiness of the salmon and cuts through the cream cheese, while toasty notes mirror the toasty waffles.





JESSE BIFULCO

Jesse and his wife, Kristi, are the innkeepers of Windward Inn in picturesque Camden, Maine. Their B&B features breakfasts made with the best local ingredients.

Fine Cooking: How did you come up with the idea of adding salmon to a waffle?

JB: We got to know some regular guests whose family business is smoked salmon. They gave us some of their salmon right around the time our son, Jesse Jr., was really into waffles, so I made a waffle with the salmon. Then I offered it to a guest from New York City. She loved it, so I decided to make it a regular part of the menu.

FC: How have other guests responded to it?

JB: They're usually a little taken aback when they first see it on the menu, but whenever they order it, they really love it.

FC: Any tips for the home cook making your waffle?

JB: Use good-quality salmon—and clean the waffle iron really well afterward.

FC: Since you're in Maine, have you ever put lobster in a waffle?

JB: We haven't yet. I'm afraid of what the waffle iron would do to the meat. But I might consider putting lobster meat on top with hollandaise and smoked paprika.



Cut smaller, most savory waffles make great appetizers.

WAFFLE WISDOM

For the best results when making any kind of waffle (even sweet ones), keep these pointers in mind.

- **Know your waffle iron.** They vary, which makes standardized cooking directions tricky. Some may require oiling, and others advise not to. The amount of batter you use per waffle and the timing will vary as well. Your best bet is to follow the manufacturer's directions.

- **Spread the wealth.** If your batter is not thin and pourable, use a silicone spatula to spread it almost to the edge of the iron. For the rough look of the cornmeal waffles on page 72, leave more room.

- **Size matters, but not much.** We based our recipe yields on a round Belgian-style waffle measuring 6½ inches across. If your waffle iron makes smaller waffles, you may get more waffles. Just eat more or freeze the extra (see right).

- **Don't rely on the ding.** Many waffle makers ding or beep when done, but don't follow that rule blindly. Keep cooking if the waffle is not a lovely golden brown. Just don't forget about it!

- **Keep it toasty.** If you can serve each waffle as soon as it's ready, that's great. But you can also hold them in a warm (200°F) oven briefly (15 to 20 minutes max) until all the waffles are ready. As each waffle finishes cooking, place it directly on the oven rack—unless your oven rack is grimy, in which case put them on a wire rack. Just don't stack them, or they'll steam and soften.

- **Freeze leftovers.** Wrap any cooled extras individually in foil and freeze. They can go right from the freezer to the toaster (unwrapped first, of course).



DAWN YANAGIHARA

Dawn is a Los Angeles-based food writer and editor, and the author of *Waffles: Sweet, Savory, Simple*. She recently published *Dips & Spreads* and has a new book coming out this fall on salad dressings.

Fine Cooking: Why do you think people love waffles so much?

Dawn Yanagihara: First, they smell amazing; waffles release an intoxicating aroma during baking. Second, they're a study in contrasts, with a crisp exterior and soft interior. Third, waffles' many pockets happen to be terrific at capturing toppings.

FC: You have a few savory waffles in your book. When you were working on recipes for the book, were there some combos that gave you pause?

DY: I wanted to do a waffle with falafel flavors because there's no better recipe title than Falafel Waffle. But ultimately, I decided that the idea was too far out. After my book was published, though, I did come across a recipe for a falafel waffle. I've yet to try it.

FC: What is your favorite waffle shape?

DY: I don't discriminate based on shape, but I do appreciate a well-made yeasted Belgian waffle.

cornmeal-cheddar-chipotle waffles with fried eggs and chorizo

With a little crunch from cornmeal and a savory-sweet-spicy-smoky flavor, these waffles are bona fide winners. Delicious with a fried egg and chorizo on top, they're also good as an accompaniment to a bowl of chili. Makes five 6½-inch round Belgian-style waffles; serves 4 with leftover waffle(s)

FOR THE WAFFLES

- 4½ oz. (1 cup) unbleached all-purpose flour
- 1 cup cornmeal (fine or medium grind)
- 1 Tbs. granulated sugar
- 2 tsp. baking powder
- ½ tsp. fine sea salt
- ¼ tsp. baking soda
- 6 oz. sharp Cheddar cheese, coarsely grated (about 2½ cups)
- 1¾ cups buttermilk
- 2 large eggs
- 1 Tbs. seeded and minced canned chipotle in adobo
- 3 oz. (6 Tbs.) unsalted butter, melted and cooled slightly
- 4 scallions, thinly sliced

FOR THE EGGS AND CHORIZO

- 12 oz. Mexican chorizo (see Test Kitchen, p. 95), casings removed
- 1 Tbs. olive oil
- 4 large eggs
- Kosher salt and freshly ground black pepper
- Sliced scallions for garnish (optional)

MAKE THE WAFFLES

In a large bowl, whisk the flour, cornmeal, sugar, baking powder, salt, and baking soda. Add the cheese and toss to combine, breaking up any clumps.

In a medium bowl, whisk the buttermilk, eggs, and chipotle. Gradually whisk in the butter.

Pour the liquid ingredients into the dry ingredients, and fold together with a silicone spatula until the batter is evenly moistened. The batter will be quite thick. Fold in the scallions.

Heat the oven to 200°F. Heat a waffle iron. Cook the waffles according to the waffle iron manufacturer's directions until golden brown. Keep warm in the oven.

COOK THE EGGS AND CHORIZO

Cook the chorizo in a 12-inch nonstick skillet over medium-high heat, breaking it into small pieces, until browned and cooked through, 10 to 12 minutes. Transfer to a paper-towel-lined plate and set aside.

Wipe out the skillet. Put over medium heat, and add the olive oil, swirling the pan to coat evenly. Crack the eggs into the pan, season with salt and pepper, and fry sunny side up or over easy, 2 to 4 minutes total.

Serve the waffles topped with the eggs and sprinkled with the chorizo. Garnish with the scallions, if using.

Pair With: SPARKLING

 **ROSÉ** Crispy foods like waffles beg for bubbles, and a pink sparkler has enough body to marry with the meatiness of the chorizo.



ginger-sesame waffles with indonesian fried chicken

Want to wow guests at dinner? Make this. It's wild and wonderful with flavors and textures that get better with every bite. Makes five 6½-inch round Belgian-style waffles; serves 4 to 6

FOR THE CHICKEN

- 1 stalk lemongrass, trimmed, bruised with the back of a knife, and cut into 1½-inch pieces
- 1 fresh Thai bird chile or jalapeño, sliced ½ inch thick
- 1 Tbs. ground turmeric
- 1 3- to 4-lb. chicken, backbone removed, quartered
- Kosher salt and freshly ground black pepper
- ½ cup fish sauce
- 1 medium lime, cut in half, plus lime wedges for serving
- 1 cup canned coconut milk
- 1 quart canola oil

FOR THE CHILE-GARLIC SAUCE

- 6 dried Thai bird chiles, stemmed and seeded
- 1 Tbs. coarsely chopped garlic
- 1 Tbs. coarsely chopped fresh ginger
- 1 Tbs. fish sauce
- 1 Tbs. granulated sugar
- ¼ cup rice vinegar
- ½ oz. basil leaves (about ½ cup), preferably Thai basil
- 1 Tbs. olive oil
- 1 Tbs. honey
- Kosher salt

FOR THE HONEY-SESAME BUTTER

- 2 oz. (4 Tbs.) unsalted butter, softened
- 1 Tbs. honey
- 2 tsp. Asian sesame oil

FOR THE WAFFLES

- 9 oz. (2 cups) unbleached all-purpose flour
- ¼ cup granulated sugar
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. kosher salt
- 2 cups buttermilk
- 2 large eggs
- ¼ cup finely grated fresh ginger
- ¼ cup black sesame seeds



5 oz. (10 Tbs.) unsalted butter, melted and cooled

MARINATE THE CHICKEN

In a small bowl, combine the lemongrass, chile, and turmeric. Put the chicken in a 9x13-inch baking dish. Season all over with 1 Tbs. salt and 1 tsp. pepper, and then drizzle with the fish sauce. Rub the chicken all over with the lemongrass mixture. Squeeze the lime halves over the chicken, then add the halves to the baking dish. Add the coconut milk, and turn the chicken to coat. Marinate for 1 hour at room temperature, or cover and refrigerate for up to 12 hours.

MAKE THE SAUCE

Combine the chiles, garlic, and ginger with ½ cup water in a 2-quart saucepan. Bring to a boil. Let cool briefly, then transfer to a food

processor. Add the fish sauce and sugar, and process to a coarse paste. Add the vinegar and process again to blend. Add the basil, olive oil, honey, and 1 tsp. salt and pulse until combined. (The sauce will keep, covered and refrigerated, for up to 3 weeks.)

MAKE THE BUTTER

In a small bowl, mix the butter, honey, and sesame oil until well blended. (The butter will keep, covered and refrigerated, for a couple of weeks; let soften before using.)

PARCOOK THE CHICKEN

Position a rack in the lower third of the oven, and heat the oven to 350°F. Add ½ cup of water to the baking dish with the chicken, then cover the dish with aluminum foil. Bake for 30 minutes, then let sit until cool enough to handle. (The chicken can be parcooked up to 1 day ahead;



keep it in the cooking liquid, cover, and refrigerate. Bring to room temperature before frying.)

MAKE THE WAFFLE BATTER

In a large bowl, whisk the flour, sugar, baking powder, baking soda, and salt. In a medium bowl, whisk the buttermilk, eggs, ginger, and sesame seeds. Add the butter and whisk again. Add the wet ingredients to the dry, and mix together gently.

FRY THE CHICKEN AND BAKE THE WAFFLES

Place a wire rack on a foil-lined, rimmed baking sheet. Fit a 7- to 8-quart Dutch oven or other heavy-duty pot with a deep-fry thermometer, add the oil, and heat over medium high to 350°F. Heat the oven to 200°F. Heat a waffle iron.

Remove the chicken from the liquid and pat dry with paper towels. Working in batches, fry the chicken, adjusting the heat as needed

to maintain 350°F and turning the chicken occasionally, until an instant-read thermometer registers 165°F in the thickest part of each piece, 10 to 12 minutes. Transfer the chicken to the rack over the baking sheet and salt generously.

Meanwhile, cook the waffles according to the waffle iron manufacturer's directions until golden and crisp. Keep warm in the oven.

Serve the waffles topped with the butter and a piece of chicken (cut up the chicken pieces and waffles, if necessary, to serve six). Serve with the sauce and lime wedges on the side.

 **Pair With:** FARMHOUSE ALE OR BIÈRE DE CHAMPAGNE Either of these extra-effervescent brews would be a refreshing counterpoint to the fried chicken. The farmhouse will be a little lighter and brighter, while the Bière de Champagne will be more rich and full-bodied.



JOANNE CHANG

Joanne and her husband, Christopher Myers, are co-owners of Myers + Chang in Boston, which features Joanne's interpretation of Asian specialties. At her Flour Bakery + Cafe in Boston, you can get a killer sticky bun for breakfast, but not waffles.

Fine Cooking: How did you come up with this recipe?

Joanne Chang: Christopher loves chicken and waffles, and he wanted a version for Myers + Chang. We played around with the concept to give them a vibrant Asian flavor. The ginger and sesame in the waffle are amazing together: The ginger brings some zing to the waffle, and the sesame seeds add an addictive crunch.

FC: What purpose does the waffle serve in the overall dish?

JC: It's a great foil for the chicken, which is a little spicy and rich with coconut milk.

FC: Do you prefer savory waffles over sweet?

JC: I actually can't eat sweet waffles anymore!

A Fresh Look at Lemon Bars

Pastry whiz **Allison Robicelli** shares her secret ingredients for updating a classic.

AS A PASTRY CHEF, I'M OFTEN ASKED TO NAME MY FAVORITE INGREDIENT, and without hesitation, I always answer "lemons." Their sunny acidity is a brilliant foil in anything sweet, particularly in lemon bars. These simple concoctions of tangy lemon curd and tender shortbread crust are the perfect balance of sweet and tart, and I love their jewel-like shine.

Over the years, I've come up with a few secret ingredients that really make lemon bars sing. In the lemon curd, I use concentrated chamomile tea, which adds a floral note that really rounds out the lemon. Cornmeal gives the crust an ever-so-slightly crunchy texture to balance out the softness of the lemon curd. Finally, I finish the bars with a little sea salt, which makes all the flavors pop. These bars are a lemon lover's dream, delicious any time of day.

Allison Robicelli is the co-author of Robicelli's: A Love Story, With Cupcakes and co-owner of Robicelli's Bakery, but she mostly saves her lemon bars for her loved ones.



Need to Know

The finer the cornmeal, the tenderer the crust. Not all brands of cornmeal are ground the same. Bob's Red Mill medium grind will yield a coarser, grittier texture (which I happen to like), while a crust made with a finely ground meal like Indian Head will be a little more refined.

Bake the crust just until golden. It will become tough if overbaked, but underbaking can cause an unpleasant mushy layer where the curd soaks in.

Pour the curd close to the crust. The curd is quite thin before baking, so holding the vessel you're pouring from an inch or two over the crust will save you from messy splashing.

Slice the bars in the pan and remove them with a cake server or offset spatula. Unless you have a baking pan with a removable bottom (see Test Kitchen, p. 93), you won't be able to turn out the whole thing as you would a cake.

Use an excellent sea salt. Maldon, with its large pyramid-shaped flakes, is a favorite finishing salt, but I also like the crunchy crystals of Halen Môn, or soft, delicate La Baleine French gray sea salt.

Finish with the salt and confectioners' sugar just before serving. Otherwise they'll dissolve into the curd.

Play with the flavor. Any tea that you might serve with lemon will work in place of the chamomile. You could also spread about 1½ cups of chopped nuts over the crust before you pour the curd on top. I especially like untoasted pine nuts, which don't need to be chopped.

chamomile lemon bars

A thick, sturdy-yet-tender cornmeal shortbread crust topped with intensely tangy, chamomile-infused lemon curd makes for a tantalizingly sweet-tart treat. Serves 24

FOR THE CRUST

- 8 oz. (1 cup) unsalted butter, melted; more for the pan
- 10½ oz. (2½ cups) all-purpose flour
- ¾ cup granulated sugar
- ½ cup cornmeal (fine or medium grind)
- 3 Tbs. finely grated lemon zest (from about 4 lemons)
- 1 tsp. table salt

FOR THE LEMON CURD

- 1 chamomile tea bag
- 1¼ cups granulated sugar
- 1½ oz. (¼ cup) all-purpose flour
- 1 tsp. table salt
- ¾ cup strained fresh lemon juice (from about 5 lemons)
- 1 Tbs. unsalted butter, melted
- 3 large eggs
- 2 large egg yolks
- Sea salt
- Confectioners' sugar

MAKE THE CRUST

Position a rack in the center of the oven, and heat the oven to 350°F. Butter a 9x13-inch metal baking pan.

In a medium bowl, mix the flour, sugar, cornmeal, zest, and salt with a wooden spoon. Add the melted butter, and mix to

form a soft dough. Evenly press into the bottom of the pan **1**. Bake until golden on top, 20 to 25 minutes.

MAKE THE LEMON CURD

While the crust is baking, steep the tea bag in ½ cup boiling water for 20 to 25 minutes. Whisk together the sugar, flour, and salt in a medium bowl. Whisk in the lemon juice and melted butter. Squeeze all the tea you can from the tea bag. Add the tea to the lemon mixture, along with the eggs and yolks, and whisk until smooth.

Pour the lemon curd on top of the crust **2**, and bake until the curd jiggles like jello when the pan is nudged, 10 to 15 minutes.

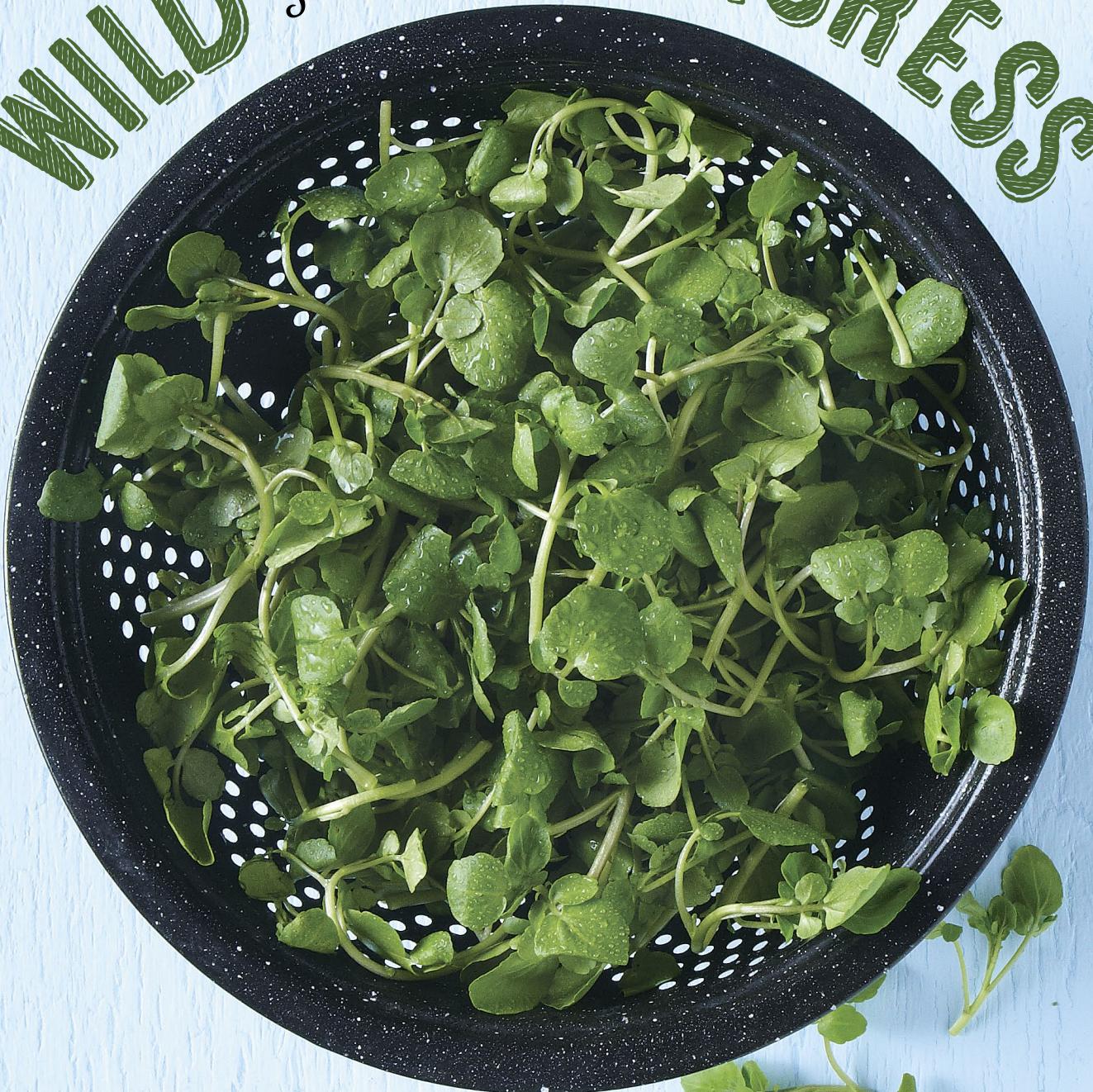
Cool completely on a wire rack. Cut into bars. Just before serving, dust with powdered sugar, and finish with flaky sea salt **3**.

Make ahead: The bars can be covered and refrigerated for up to 3 days. Let sit at room temperature for 10 to 20 minutes to take off the chill, and dust with the sugar and salt just before serving.

Key steps to making lemon bars



WILD ^{for} WATERCRESS



This peppery green punches up salads, stir-fry & more.

BY LAURA B. RUSSELL



AT FIRST GLANCE, WATERCRESS LOOKS INNOCENT ENOUGH. Its deep green leaves are small and rounded, considerably more diminutive than some of its relatives, such as collard or mustard greens. But take a bite of its soft leaves and crunchy stems, and you'll find a big, peppery burst of flavor that can be downright spicy.

True to its name, watercress

grows in water. Wild watercress finds a home in shallow streams, springs, lakes, and ponds, with leaves floating on the water's surface, anchored to the bottom by a thin root system. Cultivated watercress—the kind you're most likely to see in the store—takes root in a hydroponic greenhouse system and is very similar in taste and appearance to its wild cousin; the two can be used interchangeably. And if you happen to spot red watercress—a regional wild variety that's now cultivated—that's interchangeable, too.

In the grocery store, you'll find watercress in bags or bunches.

Look for bright green leaves and no signs of yellowing or slimy wet spots. The stems can be thick and wiry (more so with wild watercress). If serving it raw, trim off any that are too tough for your liking. The stems will become more tender with cooking, but they can still be a bit leggy, so are best served with a knife and fork.

Watercress is highly perishable, and you should plan to use it within two days. Fortunately, with the recipes on the following pages, you'll have plenty of ways to eat it in a hurry.

Laura B. Russell wrote the cookbook Brasicas (one of which is watercress). She lives in Portland, Oregon.



spring tonic

Watercress's bracing vibrancy makes it an invigorating addition to green juice, especially when paired with a tart apple. A sweeter apple will make a more mellow juice. If you don't have a juicer, you can make this in a blender and strain it. **Serves 2**

- 2 ribs celery
- 1 apple
- 1 English cucumber
- 1 medium bunch watercress (about 6 oz.)
- 1 $\frac{1}{2}$ -inch piece fresh ginger (optional)
- 1 Tbs. fresh lemon juice; more to taste

Cut the celery, apple, and cucumber into pieces that will fit in the mouth of a juicer. Set aside a few sprigs of watercress for a garnish, if you like, and run the remaining watercress, celery, apple, cucumber, and ginger, if using, through the juicer into a pitcher. Stir in the lemon juice, adding more to taste. Serve garnished with the cress sprigs, if using.



spicy udon noodles with wilted watercress

Watercress curls and twirls along with the noodles in this full-flavored dish. The cooling cucumbers balance the hot sambal oelek in the sauce for a pleasant tingle. Serves 4 as a main course, 6 as a side dish

- 8 oz. dried udon noodles
- 2½ Tbs. soy sauce or tamari
- 2 tsp. sambal oelek
- 2 tsp. Asian sesame oil
- 1 large bunch watercress (about 7 oz.), stemmed

- 1 Tbs. canola oil or other neutral oil
- 5 oz. English cucumber, peeled, seeded, and cut into small dice (about 1 cup)
- 2 scallions, green parts only, thinly sliced
- 1 Tbs. toasted sesame seeds
- Lime wedges, for serving

Bring a large pot of water to a boil over high heat. Add the noodles and cook according to package directions until done. Meanwhile, in a small bowl, whisk together the soy sauce, sambal oelek, and sesame oil.

Drain the noodles in a colander set in the

Cress Cousins

There are other varieties of cress that grow on land, not in water. Although they appear more delicate than watercress, they often have a more intense flavor. These may be used in place of watercress in recipes, but taste a leaf first to gauge its spiciness.

UPLAND CRESS/LAND CRESS:

The most common cress after watercress has a horseradish-like flavor. It's often sold with the roots still attached. The roots should be trimmed immediately before eating, but the short, thin stems can be left intact.

GARDEN CRESS:

This is often harvested young, so it has a microgreen appearance that belies a sharp bite and tender stems that can be eaten without trimming.

WINTERCRESS: This cress flowers in the winter after its leaves have fallen off and can be harvested at either stage (other cresses are harvested only while they have leaves). Whether you find leaves or flowers, you'll get herbaceous notes in addition to peppery flavor, but you probably won't want to eat the tough stems raw.

sink. Immediately put the watercress in the hot pot. Return the noodles to the pot, add the canola oil, and toss to combine and wilt the watercress. Add the sauce and toss until well incorporated. Serve warm or at room temperature, topped with the cucumber, scallions, and sesame seeds, with the lime wedges on the side.

 **Pair With:** KÖLSCH. These easy-drinking German pale ales will complement the heat of the noodles without exacerbating it.

chicken, shiitake, and watercress stir-fry

This stir-fry gets deep complexity from Chinese fermented chile-bean sauce, also called tobán djan, which can be found in the Asian section of well-stocked supermarkets. The dish comes together in a snap and is great with rice.

Serves 2 to 4

- 1 lb. boneless, skinless chicken thighs, cut into $\frac{3}{4}$ -inch pieces
- 1 Tbs. reduced-sodium soy sauce
- 1 tsp. sake or Shaoxing
- 2 tsp. cornstarch
- Kosher salt
- 2 Tbs. canola or other neutral oil
- 1½ Tbs. Chinese chile-bean sauce; more to taste
- 2 tsp. minced fresh ginger
- 6 oz. shiitake mushrooms, stemmed and sliced (about 2½ cups)
- ¼ cup lower-salt chicken broth

1 medium bunch watercress (6 oz.), stemmed

1 Tbs. rice vinegar

Put the chicken in a medium bowl and toss with 2 tsp. of the soy sauce, the sake, cornstarch, and $\frac{1}{4}$ tsp. salt. Heat a wok or a 12-inch skillet over high heat. Add 1 Tbs. of the oil and the chicken to the pan in a single layer. Leave the chicken undisturbed for about a minute before stirring, and then cook, stirring occasionally, until browned and partially cooked, about 4 minutes. Transfer the chicken to a bowl.

Return the pan to high heat. Add the remaining 1 Tbs. oil, the chile-bean sauce, and ginger to the pan, and stir to combine. Add the mushrooms, and cook, stirring frequently, until tender, about

2 minutes. Return the chicken and any accumulated juices to the pan. Stir in the broth and the remaining 1 tsp. soy sauce. Cook, stirring frequently, until the chicken is cooked through, about 2 minutes.

Remove the pan from the heat and stir in the watercress, vinegar, and more chile-bean sauce to taste. Toss until the watercress wilts. Serve hot.



Pair With: OFF-DRY RIESLING These clean, crisp white wines have a slight sweetness that will stand up to the heat in this dish.

Three States of Watercress

Watercress can be eaten raw, wilted, or cooked. The more heat it's exposed to, the tenderer and milder it gets. Here's what to expect in each form.

Raw

Flavor

Bold and peppery

Texture

Soft leaves, crisp stems

Wilted

Flavor

Peppery backdrop, but muted

Texture

Tender leaves; stems retain some crispness

Cooked

Flavor

Mild, pleasant bitterness but no sharp bite

Texture

Tender leaves and stems





warm potato and watercress salad

Tender roasted fingerling potatoes pair harmoniously with wilted watercress in this simple salad. Be sure to toss the watercress and vinaigrette with the potatoes as soon as they come out of the oven so the cress wilts and the dressing penetrates the potatoes as they cool. Serves 6 as a side dish

- 1½ lb. fingerling potatoes, halved lengthwise
- 5 Tbs. extra-virgin olive oil
- Kosher salt
- 2 Tbs. white wine vinegar
- 1 tsp. Dijon mustard
- 1 medium bunch watercress (about 6 oz.), stemmed
- Freshly ground black pepper

Position a rack in the center of the oven and heat the oven to 400°F. On a large rimmed baking sheet, toss the potatoes with 1 Tbs. of the oil and ½ tsp. salt. Roast, tossing occasionally, until golden brown and tender, about 20 minutes.

Meanwhile, in a small bowl, whisk the vinegar, mustard, and ¼ tsp. salt. Whisking constantly, slowly pour in the remaining 4 Tbs. olive oil to form a thick dressing.

Pour half of the dressing directly over the hot potatoes on the baking sheet. Add the watercress and toss until the potatoes absorb the dressing and the watercress starts to wilt. Season to taste with additional salt and pepper. Serve with the remaining dressing on the side.

thai watercress and steak salad

A bright, tangy, fruity Thai dressing enhances the peppery bite of raw watercress. If you happen to have some leftover grilled steak, feel free to substitute it here. **Serves 4**

- 1 lb. skirt steak or flank steak
- 1 Tbs. canola or other neutral oil
- Kosher salt
- 2 Tbs. fish sauce
- 1½ Tbs. fresh lime juice
- 1 tsp. dark brown sugar
- ½ jalapeño, seeded and finely chopped
- ¾ cup halved cherry or grape tomatoes
- ¾ cup diced fresh pineapple
- ½ cup thinly sliced red onion

- 1 large bunch watercress (about 7 oz.), stemmed and torn into bite-size pieces
- ¼ cup chopped unsalted peanuts

Prepare a medium (350°F to 375°F) gas or charcoal grill fire or heat a grill pan on the stove over medium-high heat. Brush the steak with the oil and season all over with ¼ tsp. salt. Grill the steak, turning occasionally, until cooked to your liking, about 3 minutes per side for medium rare (125°F). Transfer the steak to a cutting board and let cool slightly, about 10 minutes (if the steak is too hot, it will wilt the greens).

Meanwhile, in a small bowl, stir together the fish sauce, lime juice, sugar, and jalapeño.

Thinly slice the steak against the grain. In a large bowl, combine the steak, tomatoes, pineapple, and onion. Add the dressing and toss to combine. Just before serving, put the watercress on a platter, lightly salt, and toss. Top with the steak mixture and peanuts, and serve.

Pair With: NORMANDIE OR BASQUE CIDER These dry, sparkly hard ciders are hearty enough for the beef yet sweet enough for the pineapple.





Panna Cotta

Get to know this light and luscious Italian dessert. **BY FAITH DURAND**



Panna cotta is practically the perfect dessert. Let me count the ways. Most important, it's delicious. A simple concoction of sweetened cream laced with vanilla (and often other flavors), it's thickened with just enough gelatin to hold its shape and give a slight jiggle, while still being soft enough to readily melt in your mouth.

It offers some practical conveniences, too: It requires no more than a slip of time to prepare, it can be made a day ahead, and it's served cold or at room temperature (so there's no need for reheating). Plus, it's naturally gluten-free and easy to make dairy-free.

Change up your dairy

Traditionally, panna cotta (Italian for cooked cream) is made with cream and milk. I use half-and-half in my basic version, but I also like to make panna cotta with other dairy and even nondairy ingredients, which change the flavor and offer subtle differences in texture. Sour cream and buttermilk are favorites. Both give panna cotta a mildly tart flavor. Sour cream also adds extra richness, while a buttermilk version feels even lighter and fresher than the original. For a dairy-free option, I use coconut milk. To accommodate the varying amounts of fat in each of these, I've adjusted the amount of gelatin I use, so they all set up beautifully.

Top it off with sauce

Glossy and white, panna cotta can look a bit stark on its own. Fruity toppings like a rhubarb compote, cherry brandy sauce, or blueberry sauce make a bright contrast for the creamy dessert. Honey caramel sauce, on the other hand, adds another layer of complex sweetness. Try mixing and matching the panna cottas with the different sauces on the following pages for an effortlessly sophisticated and tasty way to end a meal.

*Faith Durand is executive editor of The Kitchn, a daily blog on food and home cooking, and the author of *Bakeless Sweets: Pudding, Panna Cotta, Fluff, Icebox Cake, and More No-Bake Desserts*.*



CLASSIC
PANNA COTTA
WITH BRANDIED
CHERRY SAUCE



Choose a Shape

You can use just about any small vessel to mold your panna cottas. Ramekins, small bowls, pastry molds, and even drinking glasses are all fair game. The mixture will set up in the shape of whatever vessel you choose. From there, it can be unmolded using the recipe instructions or served straight from the vessel.



BUTTERMILK
PANNA COTTA WITH
HONEY CARAMEL
SAUCE

Pick a Panna Cotta

Each of these is made with a different creamy component, but all follow the same basic method below.

classic panna cotta

Light and simple, panna cotta is all about texture. It should be a bit wobbly on the plate, and then melt quickly in your mouth. To make it vegetarian, use vegan gelatin in place of regular gelatin. **Serves 6**

Cooking spray
3 cups half-and-half
2 tsp. unflavored powdered gelatin
 $\frac{1}{2}$ cup granulated sugar
1 tsp. pure vanilla extract
Pinch table salt
Sauce of your choice (p. 88), optional

sour cream panna cotta

This extra-rich and tangy panna cotta will set up a little faster than the others because of the sour cream's fat content. **Serves 6**

Cooking spray
1 $\frac{1}{2}$ cups whole milk
1 $\frac{1}{2}$ tsp. unflavored powdered gelatin
 $\frac{1}{2}$ cup granulated sugar
1 $\frac{1}{2}$ cups full-fat sour cream
 $\frac{1}{2}$ tsp. pure vanilla extract
Pinch table salt
Sauce of your choice (p. 88), optional

buttermilk panna cotta

Not only does buttermilk add a bright flavor, but it also makes for a lighter, softer panna cotta. **Serves 6**

Cooking spray
1 $\frac{1}{2}$ cups heavy cream
2 tsp. unflavored powdered gelatin
 $\frac{1}{2}$ cup granulated sugar
1 $\frac{1}{2}$ cups buttermilk
1 tsp. pure vanilla extract
Pinch table salt
Sauce of your choice (p. 88), optional

coconut panna cotta

This is a delicious option for those on dairy-free diets, or anyone who loves coconut. It's a little less glossy than the others, with a sophisticated matte look. **Serves 6**

Cooking spray
2 13 $\frac{1}{2}$ -oz. cans coconut milk, well shaken
2 tsp. unflavored powdered gelatin
 $\frac{1}{2}$ cup granulated sugar
1 tsp. pure vanilla extract
Pinch table salt
Sauce of your choice (p. 88), optional

Method

Lightly spray six 6- to 8-oz. ramekins or other vessels (see opposite page) with cooking spray.

Depending on which version you're making, put 1 $\frac{1}{2}$ cups of the half-and-half, the whole milk, heavy cream, or 1 can of the coconut milk in a 2-quart saucepan and sprinkle with the gelatin. Allow the gelatin to soften for about 5 minutes **1**. Place the saucepan over low heat and whisk in the sugar until the gelatin and sugar are completely dissolved, 2 to 3 minutes. Rub a little between your fingers to check. (Avoid

simmering, which destroys the gelatin's thickening ability; if you see bubbles, remove from the heat and let it cool.)

Off the heat, whisk in the remaining 1 $\frac{1}{2}$ cups half-and-half, the sour cream, buttermilk, or remaining can of coconut milk. Whisk in the vanilla and salt **2**.

Transfer the mixture to a large measuring cup and divide among the prepared ramekins **3**. Cover loosely with plastic wrap. Refrigerate until set, 1 to 2 hours. (They can be made 1 day ahead.)

Serve the panna cottas in their ramekins,

or unmold: Moisten six serving plates with a little warm water (this makes it easier to center the panna cottas). Loosen the edges of a panna cotta with a fingertip, then slowly invert it onto a plate. Gently jiggle the ramekin side to side until the panna cotta slips out.

Lift the ramekin **4**, reposition the panna cotta on the plate, if needed, and pat the plate dry. Serve, chilled for a firm panna cotta or at room temperature for a softer one, with the sauce of your choice, if using.



Select a Sauce



blueberry sauce

Lemon zest and juice enhance the blueberry flavor in this smooth purple sauce. Save a few fresh berries for a garnish, if you like.

Serves 6

- 12 oz. (about 2½ cups) fresh or thawed frozen blueberries
- 2 Tbs. granulated sugar
- 2 Tbs. finely grated lemon zest
- 2 Tbs. fresh lemon juice
- 2 tsp. cornstarch
- 1 tsp. pure vanilla extract
- Pinch table salt

In a 2-quart saucepan, bring the blueberries, sugar, lemon zest, and ¼ cup water to a boil over medium-high heat. Lower the heat to medium, and boil, stirring occasionally, until the berries begin to burst, about 5 minutes. Strain through a fine-mesh sieve, pushing down on the berries to extract the juice. Return to the pan and bring to a simmer over medium heat.

In a small bowl, whisk together the lemon juice and cornstarch. Stir into the blueberry sauce, and cook until it begins to thicken, about 1 minute. Remove from the heat, and stir in the vanilla and salt. Let cool to room temperature. The sauce can be covered and refrigerated for up to 1 week.



rhubarb compote

Sweet cherry jam balances tart rhubarb in this quick compote. Any left over is great with yogurt.

Serves 6

- 9 oz. fresh or frozen rhubarb, cut into small dice (2 cups)
- ¼ cup cherry jam or preserves
- 1 Tbs. granulated sugar
- Finely grated zest of 1 lemon

Combine the rhubarb, jam, sugar, lemon zest, and ¼ cup water in a 3-quart saucepan. Bring to a boil over medium heat, then lower to a simmer. Continue to simmer, stirring frequently, until beginning to thicken, 5 to 7 minutes. Remove from the heat and let cool to room temperature. Thin with 3 Tbs. water, adding more in 1 Tbs. increments to reach your desired consistency. The compote can be covered and refrigerated for up to 5 days.



brandied cherry sauce

This sauce was inspired by the classic cherry cheesecake topping. The brandy is subtle but adds a bit of depth and sophistication.

Serves 6

- 12 oz. (about 2½ cups) fresh or frozen sweet cherries
- ¼ cup brandy
- 3 Tbs. granulated sugar
- 2 Tbs. plus 1 tsp. fresh lemon juice
- Pinch table salt
- 1½ tsp. cornstarch
- 1 tsp. pure vanilla extract

If using fresh cherries, pit and halve them. If using frozen, thaw, drain, and halve them.

In a 2-quart saucepan, whisk together the brandy, sugar, lemon juice, and salt. Stir in the cherries. Bring to a boil over medium heat, stirring occasionally. Reduce to a simmer and cook until the liquid thickens enough to coat the back of a spoon, about 5 minutes.

In a small bowl, stir the cornstarch with 1 tsp. water. Add to the cherry sauce and cook until thickened, about 2 minutes. Remove from the heat and stir in the vanilla. Let cool to room temperature. If the sauce thickens during cooling, stir in water, 1 tsp. at a time, until it reaches your desired consistency. The sauce can be covered and refrigerated for up to 1 week.



honey caramel sauce

This rich caramel has an almost bitter edge that makes a nice contrast to the creamy panna cotta.

Serves 6

- ¾ cup granulated sugar
- 1 Tbs. mild honey
- ¾ cup heavy cream
- 1 tsp. pure vanilla extract
- ¼ tsp. table salt

Attach a candy thermometer to a 2-quart heavy-duty saucepan. Add the sugar, honey, and ¼ cup water, and whisk to combine. Bring to a boil over medium-high heat, stirring occasionally and washing down the sides of the pan with a wet pastry brush, until the sugar dissolves, 3 to 5 minutes. Lower the heat to medium and boil vigorously without stirring until golden in spots and the candy thermometer reads 350°F, 5 to 10 minutes. As the mixture darkens in spots, swirl the pan gently to even out the color, but do not stir.

Once it's completely amber-colored, lower the heat to a simmer and add the cream in a slow, thin stream, whisking vigorously. The caramel will bubble up and may harden into a lump at first; continue whisking until smooth. Simmer for 3 minutes, whisking occasionally.

Remove from the heat and stir in the vanilla and salt. Let cool to room temperature. The sauce can be covered and refrigerated for up to 3 months.

SOUR CREAM
PANNA COTTA
WITH RHUBARB
COMPOTE



COCONUT
PANNA COTTA
WITH
BLUEBERRY
SAUCE



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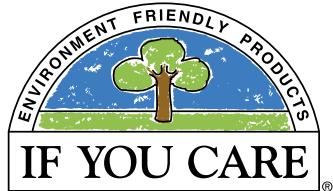
RECIPE

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Chocolate-Cherry Oatmeal Cookies

- 1 stick butter, melted
- 3/4 cups white sugar
- 1/4 cup packed brown sugar
- 1 room temperature egg
- 1 cup flour
- 1/2 tsp baking soda
- 1/2 tsp salt
- 3/4 tsp cinnamon
- 1 1/2 cups old fashioned oats
- 1/4 cup dried sour cherries
- 1/4 cup semisweet chocolate chips
- 1/4 cup walnuts

1. Preheat oven to 375 degrees F.
2. In a mixing bowl, cream the butter and sugar together. Add egg and vanilla until smooth.
3. In a separate bowl, mix together flour, baking soda and cinnamon. Add to butter mixture, alternating between oats and flour mixture until fully incorporated.
4. Mix in desired add-ins (raisins, cherries, chocolate chips, etc.) until just combined.
5. Line a baking pan with If You Care Parchment Paper. Using your hands, measure out about 5 ounces of dough and space out evenly on the parchment, flattening slightly (note: you may need to bake in multiple batches).
6. Bake for 20-25 minutes until golden brown. Allow cookies to cool before transferring to wire rack.



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TIP

Cutting asparagus on the diagonal

The recipe for the asparagus and pea shoot salad on page 49 calls for cutting the asparagus on a sharp diagonal, as shown here. This exposes more of the tender inside of the asparagus while making it easier to grab with a fork. The cut is also useful when sautéing, because the large flat area browns beautifully when it comes in contact with a hot pan.

—Joanne Smart

**TECHNIQUE**

Deveining shell-on shrimp

For the shrimp cocktail on page 58, the shrimp get poached with their shells on, which makes them more flavorful. You'll want to remove the vein before poaching, though. Here's how:



Use a paring knife or small scissors to open the shell along the back of the shrimp, slicing into the flesh at the same time to expose the vein.



Lift the vein out with the tip of a paring knife, and wipe it off on a paper towel.

INGREDIENT

Why is saffron so pricey?

It's the hand-harvested stigmas of a particular crocus flower, and it takes 75,000 flowers to yield just 1 pound. Thankfully, most recipes call for just a pinch. —J.S.

**RECIPE**

A pretty carrot garnish

The carrot cake on page 54 would look nice with just the candied pecans on top, but carrot curls make it even more festive. Our food stylist, Ronne Day, came up with this method for making cute curls with a bit of crunch.



candied carrot curls

These slightly sweet, crisp carrot curls can be made a day ahead and stored airtight. Makes enough to top 1 cake

Line two rimmed baking sheets with parchment and lightly coat one with cooking spray. Heat the oven to 225°F. Combine 1½ cups granulated sugar with 1½ cups water in a 3-quart saucepan, and cook over medium heat until the sugar dissolves.

Meanwhile, shave 2 to 3 medium carrots into 6- to 7-inch strips with a vegetable peeler. Simmer in the sugar syrup until translucent, about 15 minutes.

Transfer with a slotted spoon to the oiled baking sheet. Bake until dried but still pliable, 30 minutes.

As soon as you can handle them, curl the strips around the handle of a wooden spoon so that the side that was on the oiled sheet is in contact with the spoon. Hold for a few seconds; then slide the curl onto the unoiled baking sheet. Bake until set, another 5 to 8 minutes.

TOOL

A baking pan with a removable bottom

Sometimes a tool comes along, and you wonder how you lived without it. That's how we feel about Fat Daddio's removable-bottom 9x13-inch cheese-cake pan. The bottom of the anodized aluminum, straight-sided pan pops up and out, much like the bottom of a fluted tart pan. We love it for the Chamomile Lemon Bars on page 77 because we can remove them in one whole piece without having to invert the pan. It's also great for brownies and blondies; slicing them out of the pan is a breeze. The pan works best for baked goods with a crust or a thick batter that won't leak. Look for removable-bottom pans, which come in a range of sizes and shapes, at home goods stores or at Amazon.com.

—Diana Andrews

**TECHNIQUE**

“Cracking” quail eggs

You can't crack open a quail egg the way you do a chicken egg. For one thing, you'd need very tiny fingers, but more important, a quail egg is leathery and doesn't crack easily—you would likely break the yolk trying. Instead, you need to cut it open: Push the tip of a sharp paring knife into the shell about one-third of the way down from the top, saw gently, and then pull off the top of the shell.

—Layla Schlack

INGREDIENT

Fresh or frozen?

“Shopping for Shrimp” (p. 56) tells you how to buy shrimp based on environmental and human rights considerations. A less weighty consideration is fresh versus frozen. Unless you have access to freshly hauled shrimp, buying frozen shrimp, preferably individually quick frozen (IQF), is best. In fact, that “fresh” shrimp at most seafood counters likely was frozen and then simply defrosted for your convenience—often at an added price. When buying frozen shrimp, choose a bag without an excessive amount of ice crystals, then thaw as directed on the package.

—J.S.



INGREDIENT

Good cheeses for shaving

The Raw Artichoke, Portobello, and Fennel Salad on page 21 gets finished with shaved **Grana Padano**, an Italian grating cheese similar to **Parmigiano-Reggiano**. Why shave the Grana and not grate it? By shaving it, the paper-thin slices of subtle, slightly sweet cheese practically melt in your mouth, offering a wonderful contrast to the crisp fennel, mushroom, and artichoke.

To shave cheese, simply run a vegetable peeler along one of its flat sides. A cool room temperature is best for shaving as very cold might be too crumbly. You can also use the slicing blade of a box grater or a cheese planer for shaving.

Both Grana and nutty, buttery Parmigiano are excellent choices when you want to shave cheese, but the cheeses at right are also good candidates. —J.S.

Aged Gouda: Caramelly and nutty, this cheese adds flavor as well as color. It's unexpected and lovely on salads made with tender greens like Bibb lettuce.

Gruyère: Nutty, complex, yet mellow, shaved Gruyère is great with asparagus.

Manchego: This pale Spanish cheese has a full, slightly salty flavor and pairs especially well with sweet ingredients like roasted peppers.

Mimolette: This French cheese has a bright orange interior and an exterior reminiscent of a cantaloupe. It's got a slightly floral aroma and a caramelized flavor, and it's a great melter.

Pecorino: When you want a more piquant punch, look to this sharp Italian sheep's milk cheese. Try some over risotto.



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INGREDIENT

The skinny on chorizo

Two recipes in this issue feature chorizo, a spicy pork sausage that's an essential ingredient in many Spanish and Mexican dishes.

There are different kinds of chorizo, but they are all made with similar ingredients: a combination of pork, pork fat, salt, and smoked paprika. The paprika is what gives chorizo its distinctive red color and sweet, smoky flavor. **Spanish chorizo**, which comes in thin or thick links, may be hard or somewhat soft (often labeled semicured). Both are fully cooked and can be eaten as is, but can be cooked further. This is the style you want for the Steamed Mussels with Crisp Chorizo and Potatoes on page 27. **Mexican chorizo** is made from fresh ground pork, often seasoned with vinegar. It's raw and must be cooked before eating. This is the style you want for the Cornmeal-Cheddar-Chipotle Waffles on page 72.

A well-stocked grocery store will carry both kinds, but you'll find them in different places. Look for Spanish chorizo near other cured meats like salami and Mexican chorizo near other fresh sausages. (You may also find **choriço**, a popular Portuguese sausage similar to chorizo.)

Most packages will be labeled as either Mexican or Spanish, but if not, you can tell one from the other by looking to see if there are cooking instructions on the label; if so, don't eat it raw. Also, if it's in the cheese or deli case, it's probably ready to eat. If it's in the meat case, it's probably meant to be cooked.

—Adam Dolge



TOOL

Jelly roll pan vs. sheet pan

Time was, a recipe could call for a jelly roll pan and that meant only one thing: a thin, 10x15-inch rimmed baking sheet, which is what's needed for baking the carrot cake on page 54. However, some manufacturers these days refer to any and all rimmed baking sheets as jelly roll pans, even half sheet pans, which traditionally measure 13x18 inches. Be sure you have the right size, or your cake layers will be thin and may overbake.—J.S.

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SOURCES



A Taste of Spring, p. 46

From Juliska, juliska.com, 203-316-0212:

- **Le Panier chargers** in chambray and almond, \$72 each.
- **Large octagonal platter** in Pewter Stone-ware, \$118.



- **Black carving set** by Laguiole, \$59, Kitchenworks & Gourmet Gifts, 860-567-5011.



- **Long cake platter**, Astier de Villatte, \$140, John Derian & Co., johnnderian.com, 212-677-3917.

Shopping for Shrimp, p. 56

- **Wonki Ware**, \$32 to \$42 each, privethouse.com, 860-868-1800.



- **Shrimp**, anna marieshrimp.com, 985-209-2862.

Try This, p. 17

- **Quail eggs**, \$8.99 for 15, dartagnan.com, 800-327-8246.

Watercress, p. 78

- **Lee Kum Kee chili bean sauce**, \$4.49 for 13 oz., yummicompany.com, 949-236-7633.



- **Tirache tumblers**, \$25 each, by Zafferano, in aquamarine-blue, from D.K. Shulman Design, 860-868-4300, or zafferanoitalia.com.

The Art of Persian Rice, p. 64

- **Large serving platter**, in blue baroque, Zephyr Valley Ceramics, \$65, etsy.com.



- **Damkoni**, \$28, magpiecookshop.com, 800-496-7218, or \$26.95, amazon.com, 866-216-1072.



- **Saffron**, \$26.95 for three 1-gram tins, delitaliana-online-food-store-products.com, 954-353-5729.

Panna Cotta, p. 84

- **Lieber's Unflavored Jel (vegan)**, \$1.99 for 3 oz., veganessentials.com, 866-888-3426.

- **Small dessert plates**, Astier de Villatte, \$62 to \$82, from John Derian & Co., johnnderian.com, 212-677-3917.





NUTRITION

Recipe	Calories (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Poly Fat (g)	Mono Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
TRY THIS, P. 17												
Quail Egg-in-a-Hole	120	70	8	4.5	0	2	165	410	7	0	0	5
ARTICHOKEs, P. 20												
Spicy Sausage and Artichoke Linguine	540	250	28	11	3	12	55	950	53	7	3	20
Raw Artichoke, Portobello, and Fennel Salad	250	170	19	4.5	2	12	15	300	14	4	2	8
Steamed Artichokes with Aioli	570	510	58	9	6	41	140	200	11	3	1	5
MAKE IT TONIGHT, P. 25												
Sake, Garlic, and Ginger Chicken with Broccolini	420	150	17	3.5	6	5	155	1240	26	2	16	35
Broiled Maple-Soy Glazed Salmon	370	100	11	2	3.5	4.5	90	1630	28	0	25	37
Sautéed Kale with Adzuki Beans and Tamari	80	25	3	0	1.5	0.5	0	180	10	3	1	4
Poached Leeks with Capers and Mustard Vinaigrette	150	90	10	1.5	1	7	0	210	14	2	4	1
Pan-Roasted Garlic-Butter Mushrooms	180	140	16	6	2.5	7	25	150	6	1	2	3
Steamed Mussels with Crisp Chorizo and Potatoes	450	210	23	7	3	12	70	920	23	2	2	26
Cavatelli with Shiitake Mushrooms, Asparagus, and Pesto	430	120	14	4.5	1.5	5	15	740	61	5	2	15
Chickpea-Spinach Masala	310	120	13	3.5	5	2.5	5	810	38	11	9	13
Margarita Steak Fajitas	750	280	31	8	3	17	115	730	66	6	7	48
Turkey and Pickled Pepper Grilled Cheese	760	430	48	27	1.5	8	145	1670	46	4	8	34
MOVEABLE FEAST, P. 41												
King Salmon with Tomato-Anchovy Vinaigrette	410	220	25	3.5	6	13	110	680	4	1	2	40
SPRING DINNER, P. 46												
Asparagus and Pea Shoot Salad with Pistachios and Eggs	220	170	20	3	3	13	95	230	6	2	2	7
Potato and Caramelized Onion Gratin	250	100	11	6	0.5	4	30	170	29	3	6	9
Spring Vegetable Ragoût	110	60	6	4	0	1.5	15	230	12	4	6	4
Apricot-and-Herb-Stuffed Leg of Lamb	320	130	14	4	1	8	115	250	7	1	4	39
Carrot Cake with Mascarpone Frosting	830	560	63	23	16	18	170	360	62	2	42	10
SHRIMP, P. 56												
Spicy Orange-Balsamic Shrimp Cocktail	390	80	9	4	1.5	2	275	1010	38	8	24	38
Pasta with Shrimp, Shallots, and Cherry Tomatoes	970	450	51	18	5	24	335	750	71	5	8	48
Curry-Crusted Shrimp with Coconut Noodles	1000	530	60	40	6	9	245	1410	85	7	17	36
Marinated Shrimp and Vegetable Tacos	630	210	23	3.5	4	13	260	870	59	8	19	39
PERSIAN RICE, P. 64												
Persian Saffron Rice	220	60	7	1.5	2	4	5	1470	36	0	0	3
Persian Rice with Yogurt Tahdig	230	70	8	1.5	2	4	5	1470	36	0	0	3
WAFFLES, P. 68												
Smoked Salmon Waffles with Scallion Cream Cheese	540	260	29	16	2	8	170	1280	49	2	6	19
Cornmeal-Cheddar-Chipotle Waffles with Eggs and Chorizo	1030	640	72	32	6	28	415	2250	49	3	8	45
Ginger-Sesame Waffles with Indonesian Fried Chicken	920	530	60	26	8	21	230	1490	56	2	21	39
LEMON BARS, P. 76												
Chamomile Lemon Bars	230	90	10	6	0.5	2.5	60	230	34	1	22	3
WATERCRESS, P. 78												
Spring Tonic	45	0	0	0	0	0	0	35	10	2	6	2
Spicy Udon Noodles with Wilted Watercress	290	70	8	0.5	2.5	3.5	0	890	43	4	3	11
Chicken, Shiitake, and Watercress Stir-Fry	240	120	14	2.5	3.5	7	105	370	6	1	1	22
Warm Potato and Watercress Salad	200	100	11	1.5	1	8	0	180	22	2	1	2
Thai Watercress and Steak Salad	330	180	20	4	3	10	75	850	11	2	7	30
PANNA COTTA, P. 84												
Classic Panna Cotta	200	120	14	9	0.5	4	45	75	16	0	16	4
Sour Cream Panna Cotta	180	100	11	7	0.5	3	30	75	16	0	16	3
Buttermilk Panna Cotta	290	220	24	15	1	7	90	115	16	0	16	4
Coconut Panna Cotta	300	240	27	24	0	1	0	45	15	1	11	3
Rhubarb Compote	50	0	0	0	0	0	0	0	13	1	11	0
Honey Caramel Sauce	210	100	11	7	0	3	40	110	29	0	29	1
Blueberry Sauce	60	0	0	0	0	0	0	25	14	2	10	0
Brandy Cherry Sauce	90	0	0	0	0	0	0	25	16	1	14	1
TEST KITCHEN, P. 91												
Candied Carrot Curls	5	0	0	0	0	0	0	10	1	0	1	0

The nutritional analyses have been calculated by a registered dietitian at Nutritional Solutions in Melville, New York. When a recipe gives a choice of ingredients, the first choice is the one used. Optional ingre-

dients with measured amounts are included; ingredients without specific quantities are not. Analyses are per serving; when a range of ingredient amounts or servings is given, the smaller amount or portion

is used. When the quantities of salt and pepper aren't specified, the analysis is based on 1/4 tsp. salt and 1/8 tsp. pepper per serving for entrées, and 1/8 tsp. salt and 1/16 tsp. pepper per serving for side dishes.



RECIPE INDEX

Cover

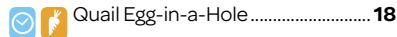
- Apricot-and-Herb-Stuffed Roast Leg of Lamb **53**



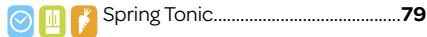
- Potato and Caramelized Onion Gratin **50**

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Appetizers & Drinks



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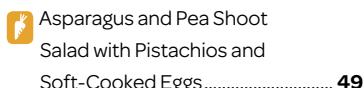


- Spring Tonic **79**



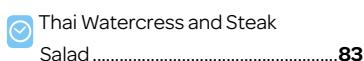
- Steamed Artichokes with Aioli **21**

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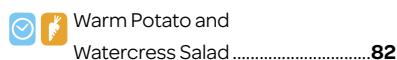


- Asparagus and Pea Shoot Salad with Pistachios and Soft-Cooked Eggs **49**

- Raw Artichoke, Portobello, and Fennel Salad **21**



- Thai Watercress and Steak Salad **83**



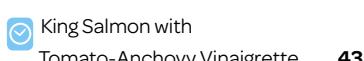
- Warm Potato and Watercress Salad **82**

Seafood

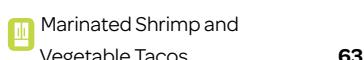


- Broiled Maple-Soy Glazed Salmon **26**

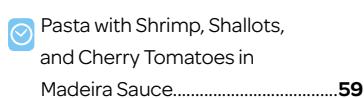
- Curry-Crusted Shrimp with Coconut Noodles **61**



- King Salmon with Tomato-Anchovy Vinaigrette **43**



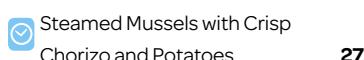
- Marinated Shrimp and Vegetable Tacos **63**



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- Candied Carrot Curls **92**

- Honey Caramel Sauce **88**

- Rhubarb Compote **88**

 **VEGETARIAN:** May contain eggs and dairy ingredients

 **MAKE AHEAD:** Can be completely prepared ahead (may need hands-off cooking, baking, or reheating to serve)

 **QUICK:** Under 30 minutes



What to drink with what's in this issue

Select recipes in this issue include pairings by our drinks editor, Jill Silverman Hough.



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